

## Healthy Lifestyles – Marshfield Area Coalition’s Healthy Top Five

Healthy Lifestyles – Marshfield Area Coalition’s goal is to promote healthy eating and active living through community educational programs and events. Coalition members bring you the “Top Five”. Check out these creative tips to jump-start your activity and increase your fruit and vegetable consumption. Enjoy!

### Five Ways to Avoid the Flu



Flu season is right around the corner. While it may not be completely avoidable, the following steps may help prevent you from getting the flu.

1. **Get Vaccinated.** The best way to avoid the flu is to get vaccinated. Contact your provider for more information or to schedule flu shots for you and your family.
2. **Stay Active.** Daily activity can boost your energy levels and help protect your immune system.
3. **Eat Healthy.** Eating plenty of fruits and vegetables as well as getting the recommended daily amounts of essential nutrients can help keep you healthy throughout the year.
4. **Wash Your Hands Often.** Washing your hands on a regular basis will help prevent the spread of germs.
5. **Limit Stress.** Stress can weaken your immune system, increasing your chance of getting sick. Be sure to get enough sleep and extra rest if you become sick.

To view article visit our Web site at [www.marshfieldhealthylifestyles.org](http://www.marshfieldhealthylifestyles.org)  
For more information about the coalition or to become a free member, contact the Marshfield Clinic Center for Community Outreach at 715-221-8400.

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