Here’s a scary thought.... EVERYONE IS GETTING SICK!
Here are 3 tips to avoid getting ill and staying healthy!

**WASH YOUR HANDS!**
This may seem obvious, but it couldn’t be more important. While most people know they should wash their hands, most studies show only 50% of women do before leaving the bathroom, and the numbers are worse for men. Wash your hands regularly throughout the day.

**Exercise Even Though It’s Cold**
As the weather cools, motivating yourself to get outside for a walk, jog or bike ride may seem like real chore. But many studies have shown that people who are more physically active are also much less likely to get sick.

**Stay Hydrated**
Aside from your skin, the major protective surfaces on your body are all wet. Your eyes, mouth, nose, lungs, stomach and intestines all use a watery solution of some sort to form that protective layer. This layer snare any invaders trying to access the body and helps destroy them or flush them out.

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