

**When in doubt,
step it out!**



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NOW THAT THE HOLIDAYS HAVE COME AND GONE AND THE WINTER CHILL IS SETTING IN, YOU MAY BE FEELING A LITTLE LESS KEEN ON STAYING ACTIVE

But it's just as important to keep moving now as it is any other time of year – perhaps more so considering that exercise is an essential component in building a healthier immune system and fighting off those unwanted winter infections.

Simply going for regular walks can be one of the most beneficial physical activities for your health.



According to Harvard Health, a study conducted among over 1000 men and women showed that those who walked 20 minutes per day or more for at least five days a week experienced 43% fewer sick days than participants who exercised just once a week or less. Those who did get sick despite walking regularly were ill for a shorter time and had milder symptoms.

So, while you might have ticked the boxes for making use of your nutrition benefit and having your annual flu jab, don't forget the power of exercise in helping to keep our bodies in shape and building and maintaining stronger immunity – even if it's just a short walk.

If you are interested in taking things up a notch, you might want to consider the fitness assessment and exercise prescription benefit available to members across all Traditional Plans.

This benefit provides you with expert input from a registered Universal biokineticist, with an individualised fitness plan that you can carry out at any contracted fitness facility.

Call 0860 100 076 to enquire about this benefit as well as the many other wellness benefits on offer to support your overall health.

We'll be in touch again soon with more on how you can lean on OMSMAF to build a healthier immune system and a stronger self, now and well into the future.

**CHAT SOON,
THE OMSMAF TEAM**

Feel the power of better health with OMSMAF

Sources: Harvard Health Publishing <https://bit.ly/3mdSntD>