



How to promote your wellbeing with nutrition and exercise

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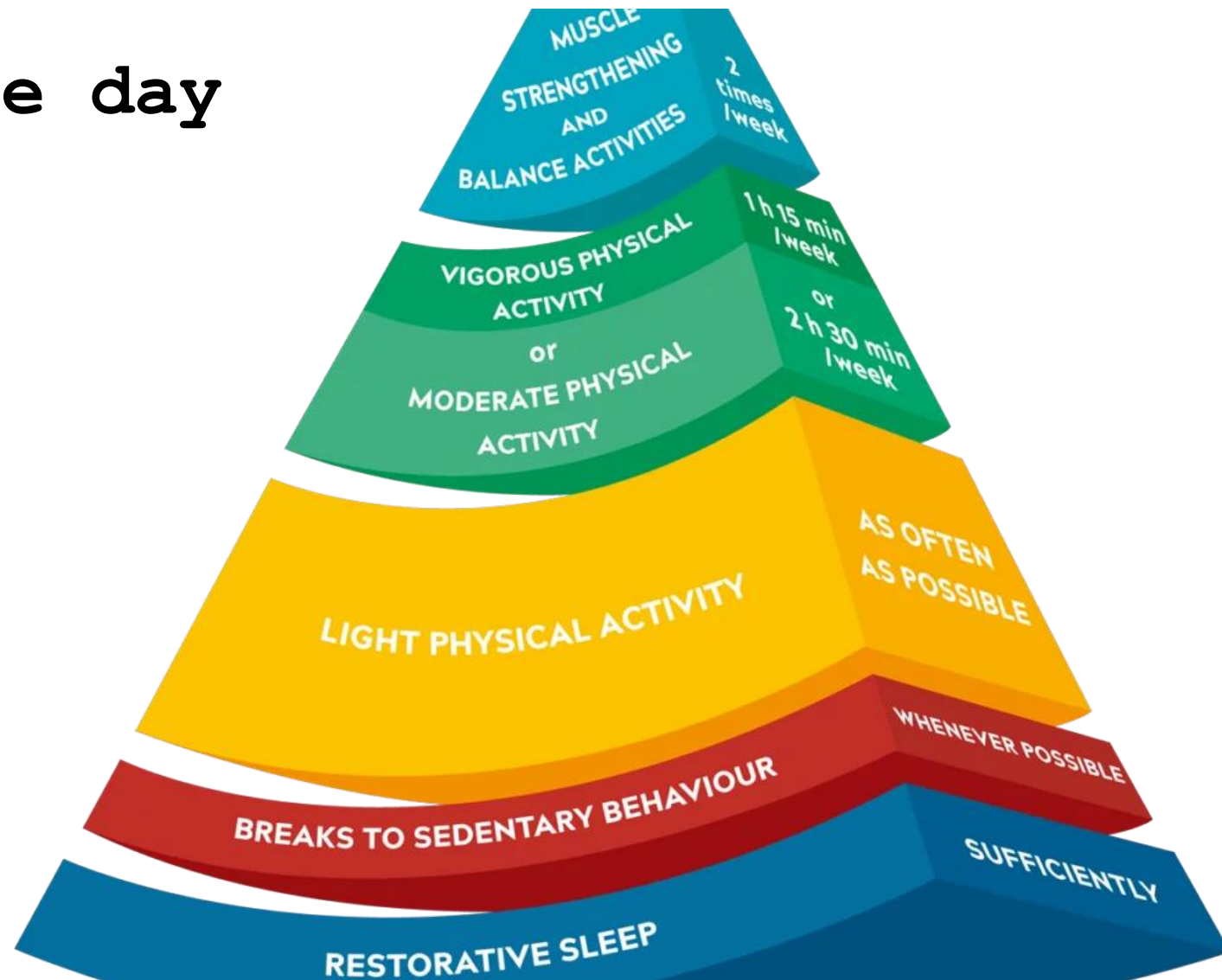
26.11.2024

Be outside, while there is light

- During the autumn and winter the days are shorter in north
- Catch the minutes and hours when the sun is up!
- Short walks outside during the days



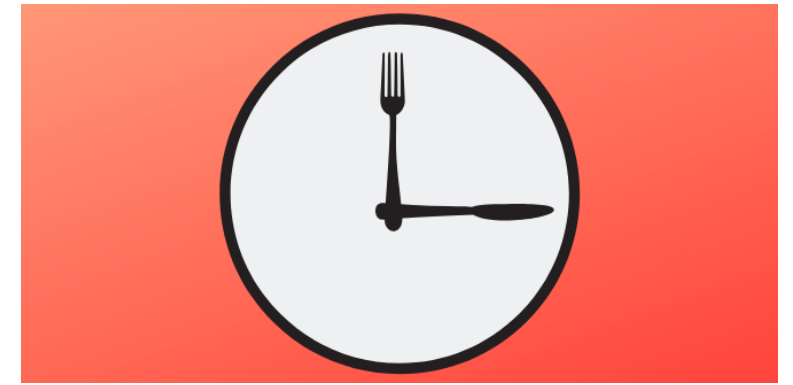
Small amounts of exercise during the day



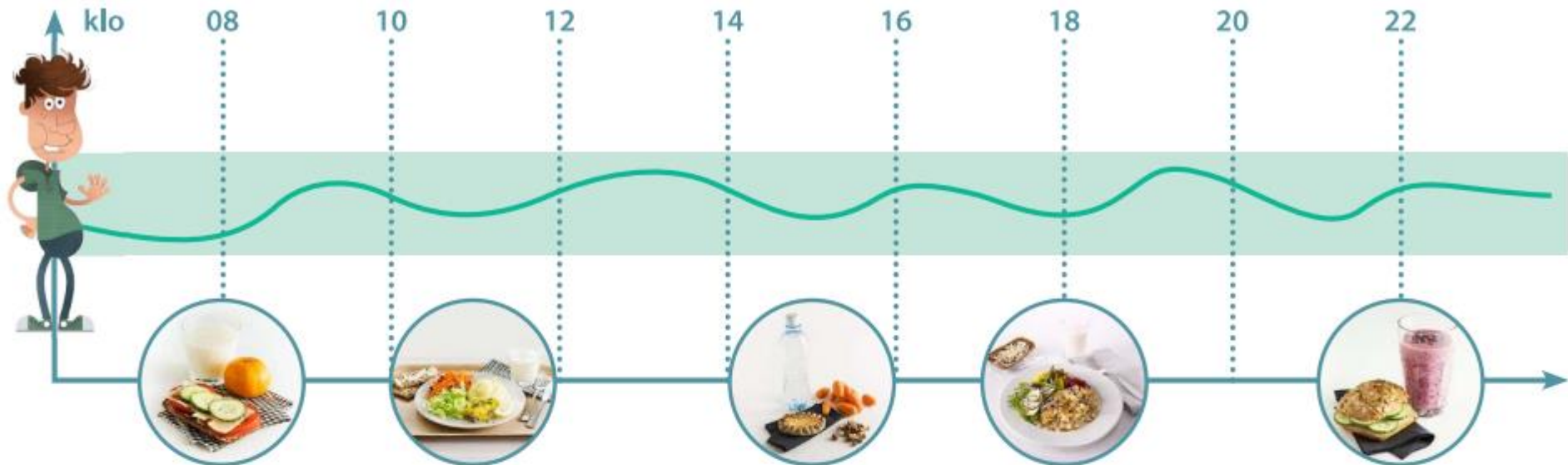


Then, what to eat?

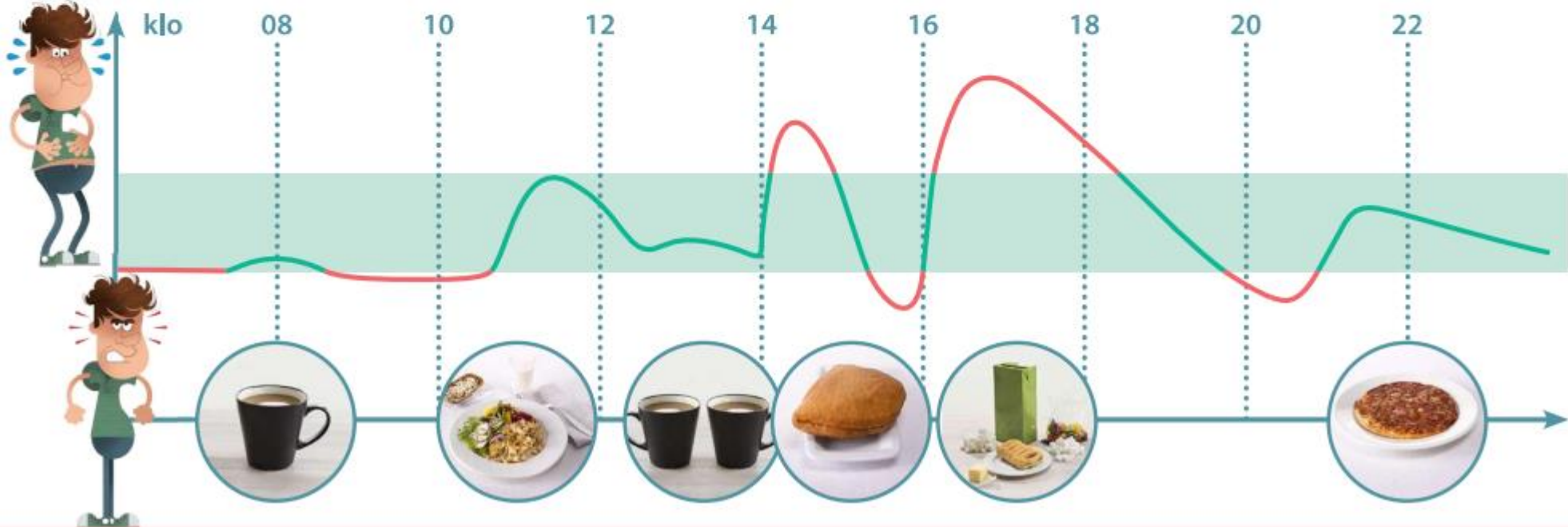
Eat regularly

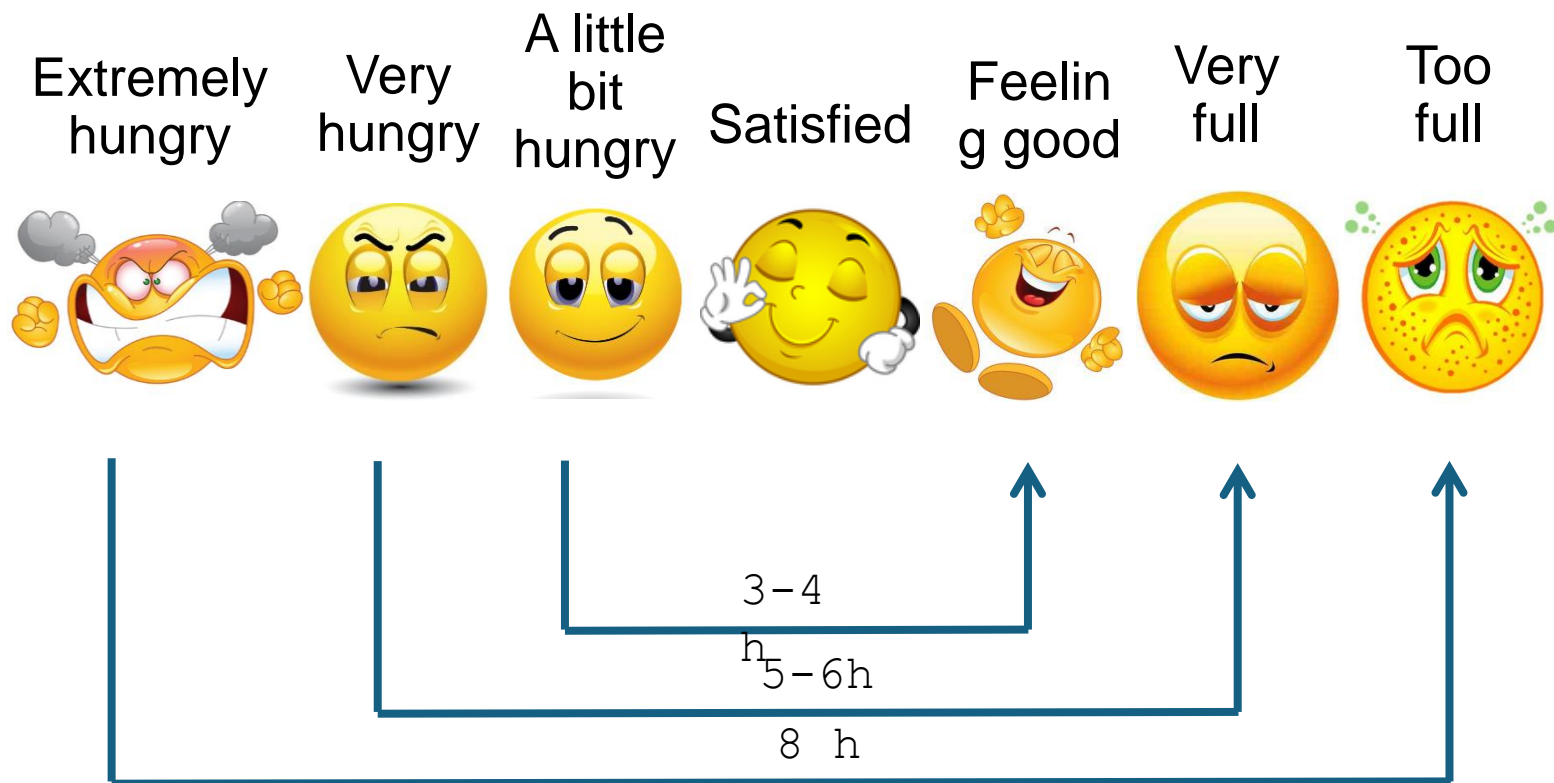


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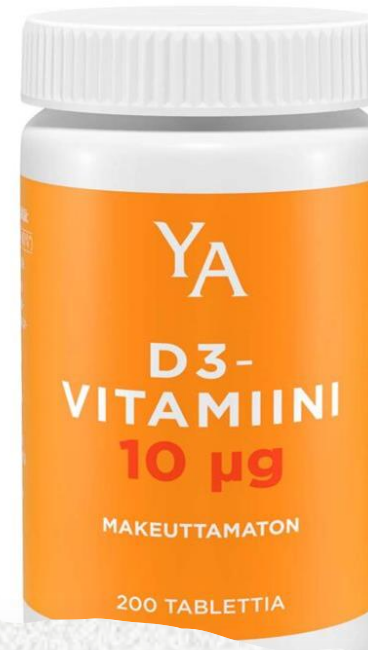
Variaty and colors



Your body needs
carbs
- focus on the
quality

*Choose wholegrain products
with at least **6g fiber/100g***





In Finland you can't get enough vitamin-D from the sun

Vitamin-D

10-20 ug vitamin-D supplementation per day

A serene winter landscape featuring a snow-covered ground and several evergreen trees heavily laden with snow. The sky is a mix of deep purple, blue, and orange, suggesting a sunset or sunrise. The overall mood is peaceful and quiet.

Thank you