

# Cix Health Cold Weather Prep To-Do List

Winter has a way of sneaking upon us. Without the proper preparation during these cold temperatures, your health can suffer. Start preparing for the upcoming winter with these cold-weather preparation tasks.



**Stay Hydrated**



**Avoid Seasonal Depression**



**Get Your Flu Shot**



**Prep Your Home for Cold Weather**



**Increase Vegetable and Fruit Intake**



**Test humidifiers and Personal inhalers**



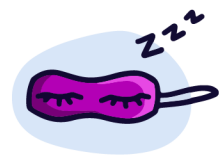
**Proactive Doctor Check-ins**



**Exercise Indoors**



**Take Multi-Vitamins**



**Create a Regular Sleep Schedule**