



Take Care of YOU

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DID YOU KNOW?

Many Alaskans are deficient in Vitamin D. To increase your intake, regularly eat fatty fish, eggs and fortified dairy, spend more time outdoors, and talk to your doctor about the risks and benefits of Vitamin D supplementation.

After what has felt like a monsoon summer, prioritize your health and wellness in the coming months

It's that season in Alaska again – kids are back in school; the State Fair is in full swing; farmer's markets have more cabbages than strawberries. Here are a few things to consider as we shift into Fall.

- **Stay hydrated.** Everyone thinks about this when the weather is warm and the sun is hot. But staying hydrated is one of the easiest ways to support good health.
- **Make your appointment for an annual check-up** if you haven't had one recently. Or make an appointment to follow up on a health care issue. Appointments become very hard to get in the last 3 months of the year.
- **Continue getting out in the sun** and daylight as much as possible. Natural Vitamin D from sunlight, as well as fresh air and outdoor exercise, are wonderful health boosts.