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.

**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.