

Mountain Peaks Family Practice Provides Tips for Better Wintertime Health

Winter can be a difficult time to stay healthy, especially with the extensive cold weather and indoor gatherings.

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/EINPresswire.com/ -- Winter can be a difficult time to stay healthy, especially with the freezing weather across the country and a return to indoor gatherings. But with a few simple tips, staying

healthy and enjoying the season doesn't have to be hard. Here are five tips for staying healthy this winter:



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These tips can help you stay healthy this winter, but it's important to talk to your doctor about what's best for you.”

Dr. Robert Durrans, lead physician at Mountain Peaks Family Practice

1. Get plenty of sleep: Sleep is essential for keeping your body and mind healthy. Make sure you get at least 7-8 hours of sleep every night.

2. Eat a balanced diet: Eating a balanced diet is key to staying healthy. Make sure you include plenty of fruits, vegetables, and whole grains in your diet.

“Getting enough sleep and eating a balanced diet are essential for staying healthy this winter,” said Dr. Robert Durrans, lead physician at Mountain Peaks Family

Practice.

3. Exercise regularly: Exercise is important for staying healthy. Try to get some form of exercise at least three times a week.

4. Take time for yourself: Taking time for yourself is important for maintaining your mental health. Make sure you take time to relax and do something you enjoy.

5. Get a flu shot: Getting a flu shot is one of the best ways to protect yourself from the flu this winter.

“Exercising regularly and taking time for yourself are important for maintaining your mental

health," said Durrans. "If you haven't yet, getting a flu shot is one of the best ways to protect yourself from the flu this winter. These tips can help you stay healthy this winter, but it's important to talk to your doctor about what's best for you."

About Mountain Peaks Family Practice

Mountain Peaks Family Practice has been servicing Utah Valley patients for many years. Since our beginnings, we have grown to be an amazing family practice today. We offer a variety of services to ensure that you and your family are properly cared for. Our services span all ages and a wide range of medical needs. We are the simple solution for families.

We understand the importance of having a team of professionally trained doctors, nurses, and staff to care for you and your family. Learn more about our personable and professional team members who look forward to assisting you with all of your healthcare needs.

To find out more about the services we offer and the doctors on staff, please visit <http://mountainpeaksfamilypractice.com>.

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