

# November

## Weekly Wellness Tips

### Week 3

#### **Vitamin D: Why It's Hard to Get Enough—and How to Fix That!**

Vitamin D is essential for strong bones, immune health, and muscle function. Yet many people—especially in northern climates or those who spend most of their time indoors—struggle to get enough.

To help boost your vitamin D intake:

- **Get Safe Sun Exposure:** Just 10–30 minutes of midday sun a few times a week can help.
- **Eat Vitamin D-Rich Foods:**
  - **Fatty Fish:** Salmon, mackerel, sardines, tuna
  - **Egg Yolks**
  - **UV-Treated Mushrooms**
  - **Fortified Foods:** Milk, plant-based milks, orange juice, cereals, yogurt
- **Consider Supplements:** Many adults may benefit from 1,500–2,000 IU daily, but testing is recommended to determine individual needs.

Vitamin D deficiency is common but manageable. A combination of sunlight, smart food choices, and supplements (if needed) can help maintain healthy levels and support bone and overall health. Talk to your doctor to get tested today!

