Healthy living during winter

Healthy eating for a strong immune system

A healthy eating pattern rich in vegetables, fruit, whole grains, and protein foods is important for a strong immune system. Eating a variety of nutrient rich foods each day can help you to stay healthy and feel your best over the winter season.

To learn more about healthy eating, visit Canada's food guide.

The winter season is often a time for celebrating with family and friends. Food plays an important role in many of these celebrations. Eating well during the holiday season can be a challenge. Click on the links below to learn more about how you can enjoy the holiday festivities while continuing to eat healthy:

- Government of Canada: Healthy Eating for Holidays and Events
- Lighten Up Your Holiday Recipes

Physical activity

Colder weather and fewer hours of daylight may mean changing your routine and activities. Learn about how you and your family can stay active throughout the winter:

- Fitness: Getting and Staying Active
- Keeping Children and Teenagers Active
- Physical Activity in Winter
- Quick Tips: Getting Active as a Family
- Quick Tips: Staying Active in Cold Weather

Quit smoking

As we start a new year, many of us will set goals for our health. For some of us that may mean quitting smoking. Learn more about quitting smoking or vaping and the smoking cessation program for B.C. residents:

- Interactive Tool: Are You Ready to Quit Smoking?

- Quit smoking

- Quitting smoking (HealthLinkBC File #30c)

- The harmful effects of second-hand smoke (HealthLinkBC File #30a)

- Risks of alternative tobacco and nicotine products (HealthLinkBC File #30b)

- Vaping