

 <p>Social media:</p>	 	
Social media post	Social media graphic	Link
<p>As we head into the colder months, it's more important than ever to protect yourself and your loved ones from seasonal illnesses such as flu.</p> <p>A vaccination is one of the most effective ways to do so – and will help prevent many infectious diseases.</p> <p>Don't let a virus stop you from being with the ones you love this winter.</p> <p>Find out more here about how good health starts with you.</p>	 <p>Soc_Sq_YOU_1</p>	<p>https://www.healthierlsc.co.uk/ICB/goodhealthstarts/witheyou/hospital</p>
<p>As we head into the colder months, it's more important than ever to protect yourself from seasonal illnesses such as flu.</p> <p>Vaccinations are one of the most effective ways to do so.</p> <p>Don't let a virus stop you from doing your job, being active or socialising with friends.</p> <p>Find out more here about how good health starts with you.</p>	 <p>Soc_Sq_YOU_2</p>	<p>https://www.healthierlsc.co.uk/ICB/goodhealthstarts/witheyou/vaccinations</p>

<p>Hospital menus are designed with you in mind.</p> <p>Food and nutrition play an important role in your recovery and during your hospital stay.</p> <p>Find out more here about how good health starts with you.</p>	 <p>Soc_Sq_YOU_3</p>	<p>https://www.healthierlsc.co.uk/ICB/goodhealthstarts/witheyou/hospital</p>
<p>Being active is one of the most effective ways to improve your overall health and wellbeing – especially if you’re living with a long-term health condition.</p> <p>Whether it’s walking, gardening or dancing, exercise is a powerful tool for living well as it helps to boost your mood and strengthen your heart.</p> <p>Find out more here about how good health starts with you.</p>	 <p>Soc_Sq_YOU_4</p>	<p>https://www.healthierlsc.co.uk/ICB/goodhealthstarts/witheyou/exercise</p>
<p>Choosing to eat a healthy, balanced diet will keep you well... for longer.</p> <p>The right food to fuel your body is essential for your overall wellbeing and fitness – and healthy mind too.</p> <p>Why not have a go and make the right choice today?</p> <p>Find out more here about how good health starts with you.</p>	 <p>Soc_Sq_YOU_5</p>	<p>https://www.healthierlsc.co.uk/ICB/goodhealthstarts/witheyou/good-health-starts-eating-well</p>

Regular physical activity is one of the most effective ways to improve your overall health and wellbeing.

Whether it's walking, gardening, dancing or playing a sport, being active helps your body function better and can significantly reduce your risk of developing serious health conditions.

Find out more here about how good health starts with you.



Soc_Sq_YOU_6

<https://www.healthierlsc.co.uk/ICB/goodhealthstarts/withyou/exercise>

Staying active in hospital will keep you healthy, independent and make your stay shorter.

Sticking to a routine like at home, such as getting out of bed and dressed, taking a few steps and walking to the bathroom to clean your teeth, can help aid a speedier recovery.

Find out more here about how good health starts with you.



Soc_Sq_YOU_7

<https://www.healthierlsc.co.uk/ICB/goodhealthstarts/withyou/hospital>

