



Health Advice

Staying Warm through the Winter

This winter, the heating systems in public buildings will be set at a maximum of 19 degrees Celsius, and many companies are reducing the temperature in their offices in order to lower their energy bills as well. There are a few healthy routines that you can easily integrate into your workday in order to stay warm and healthy this winter.

Healthy Indoor Climate

Are you someone who's sensitive to the cold, or is it generally too warm for you? Every person has their own individual metabolic rate and perception of temperature, and opinions often differ, especially at the workplace. At home, you can decide for yourself what temperature you find comfortable, but at work, the temperature is primarily regulated according to the type of work being done, and at present, in order to mitigate the high cost of energy. Depending on activity, the ideal room temperature lies somewhere between 18 and 22 degrees Celsius, with a relative humidity of between 40 and 60 percent. Besides temperature, air humidity plays a decisive role in how comfortable we feel and how healthy the indoor climate is. If the humidity sinks to below around 30 percent, the air will be dry and can irritate the mucous membranes. If the humidity is too high, however, the risk of mould increases. So, not only is the temperature in the workplace important for staying healthy through this winter, but the air humidity too.

Ventilating Correctly

Anyone trying to save on energy and heating costs should not only turn down the radiator, but ventilate correctly as well. Doing so maintains the air quality in a room and prevents drowsiness and concentration problems. So: don't leave windows permanently in the tilt position, but rather open them fully for five minutes, three to four times a day to air the room properly. Close the windows again afterwards, and heat the room as before so it doesn't cool down. To ensure that the warm air can become evenly distributed throughout the room, furniture shouldn't be placed in front of radiators or against cold outer walls.

Suitable Clothes

When you get dressed for work in the morning, choose an outfit that will keep you pleasantly warm and comfortable. At this time of year,

it's better to wear several layers, and have an extra waistcoat or body warmer on hand too. Anyone who's sensitive to the cold should invest in underwear made from natural materials, like wool-silk mix. This material blend is breathable, temperature-regulating and comfortable to wear. Wool, cashmere and merino wool have similar properties, and provide great insulation against the cold. Whether as underwear or pullover - they keep us warm and cosy.

Warming Beverages

In traditional Chinese medicine, warm water is considered the ideal drink, because it doesn't have to be first warmed up by the body, and is thus especially gentle on the stomach and metabolism. So, it's better to drink warm beverages. If water is too boring for you, take a soothing spice or herbal tea to work with you, like ginger or cinnamon.

Physical Exercise

People who spend a lot of time sitting down at work freeze quicker. Use existing standing desks and alternate between working sitting down and standing up. Incorporate a few additional exercise sessions into your workday. You don't always have to hit the gym: get your circulation going in the morning by extending your walk between your parking space and workplace. Take the stairs instead of the lift, and go for a brisk walk in the fresh air during each break.

Additional Tip for After Work

Treat yourself to a warming shower or a steaming bath after work. Heat relaxes the muscles and has a beneficial effect on our health. Add a few drops of essential oil, like thyme, lavender or lemon balm: Simply drizzle into the corner of the shower, or put dried herbs in a cloth bag and place in the bath water. And now and then, plan a visit to the sauna, because Finnish studies show that regular saunas can boost the immune system.