



# FITNESS FIRST FRIDAYS



## Here Comes the SUN! Daylight Savings is Sunday, March 11 and we're talking about Vitamin D.

Vitamin D plays a wide role in the body's functions including cell growth modulation, neuromuscular and immune function and inflammation reduction. Vit D receptors are found in virtually every cell in the human body. The Reference Daily Intake (RDI) recommends getting 400 IU of Vit D daily and if you don't get enough sunlight, many health organizations recommend closer to 1000 IU daily.

Increasing and maintaining health Vitamin D levels can be as easy as spending five to 30 minutes in the midday sun twice per week.

Vitamin D is also naturally found in foods. You can find health D3 in wild salmon, sardines, herring and cod, egg yolks, wild mushrooms, shrimp and oysters, fish and cod liver oil, canned tuna and fortified foods such as cow's milk, soy and almond milk, orange juice, cereal and oatmeal.

While spending time outside in the sunlight is the best way to get your daily dose of Vit D, 40% of people in the US are still deficient. Eating plenty of these Vitamin D rich foods is a great way to make sure you get enough of this important nutrient.