



**Therapy  
Professionals Ltd**

Physio, Speech Language, Music,  
Occupational Therapists & Dietitians



## Vitamin D and Winter Months

In the winter it's hard to get enough direct sunlight to maintain our Vitamin D levels which are important for bone growth and strength.

Follow the link below to get a better understanding of Vitamin D's role and how to ensure you have enough Vitamin D from Sunlight, your diet or supplements.

This link gives you more information:

<https://www.health.govt.nz/your-health/healthy-living/food-activity-and-sleep/healthy-eating/vitamin-d>