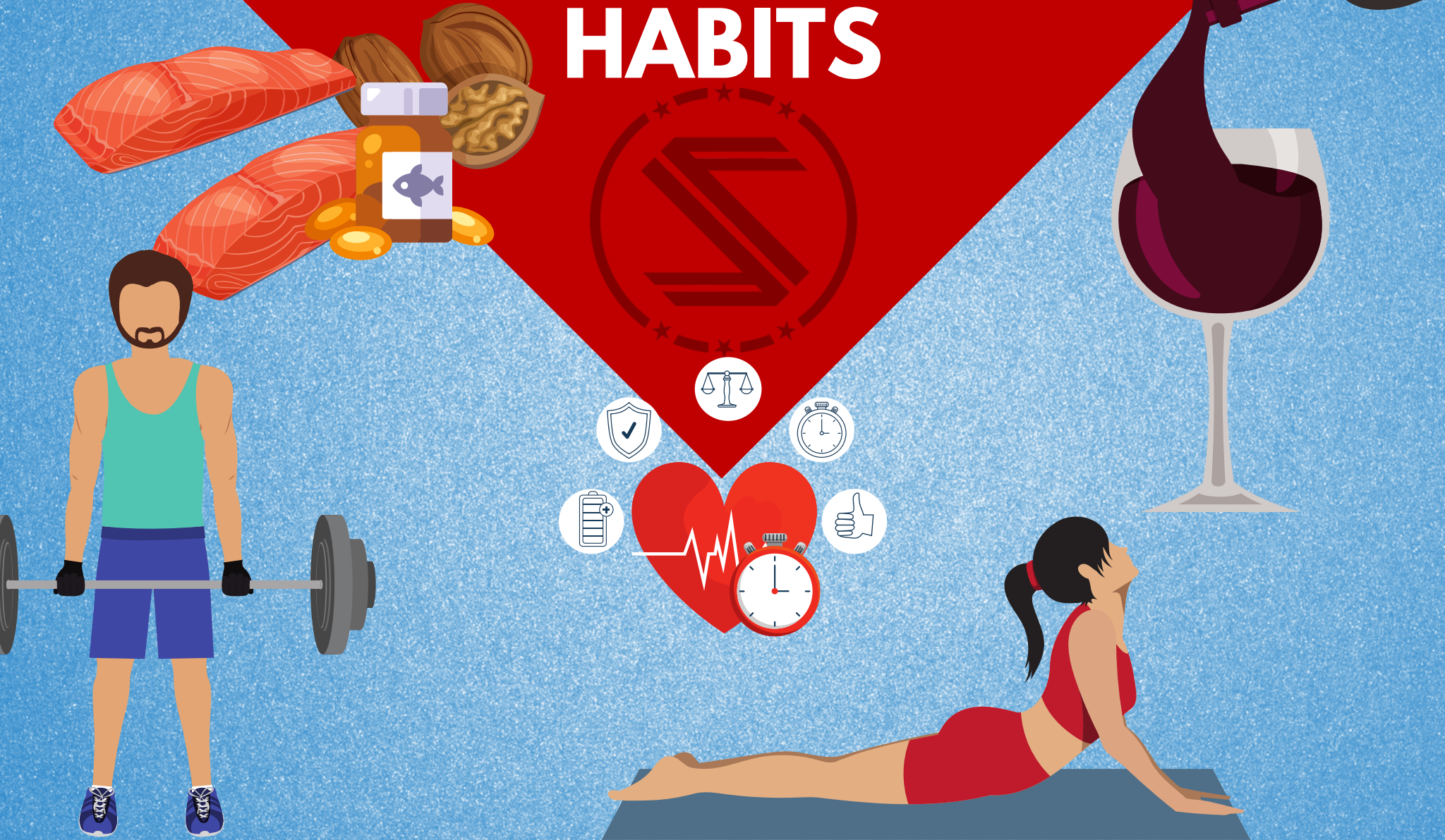


8 TIPS FOR PRACTICING IMMUNE-SUPPORTING HABITS

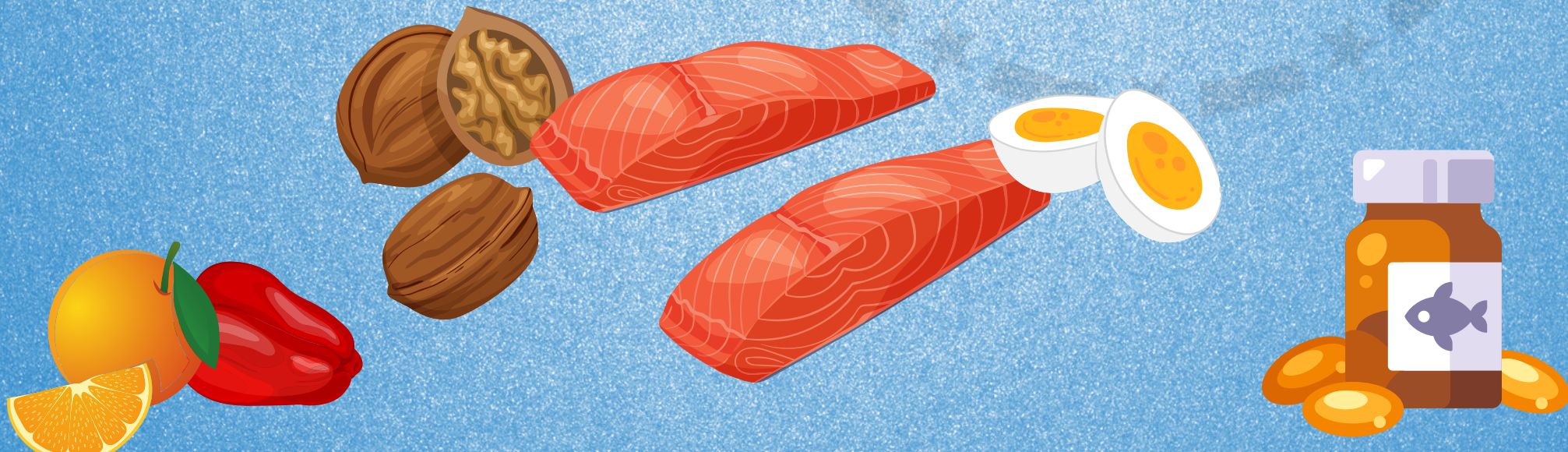


1

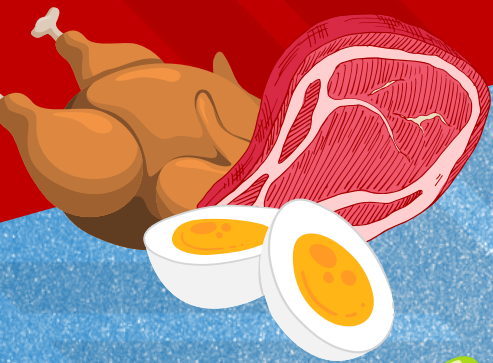
FOCUS ON WHOLE FOODS AND KEY NUTRIENTS

To avoid nutrient deficiencies, eat plenty of whole foods fruits, vegetables, whole grains, beans, protein, and healthy fats.

You can also cook and freeze meals in batches so you always have a source of nutrient-rich foods



NUTRIENTS THAT STRENGTHEN WHITE BLOOD CELLS' ABILITY TO FIGHT INFECTIONS



Protein: The building block of antibodies. People with protein deficiencies are more susceptible to infectious diseases. Try to get a serving with every meal.

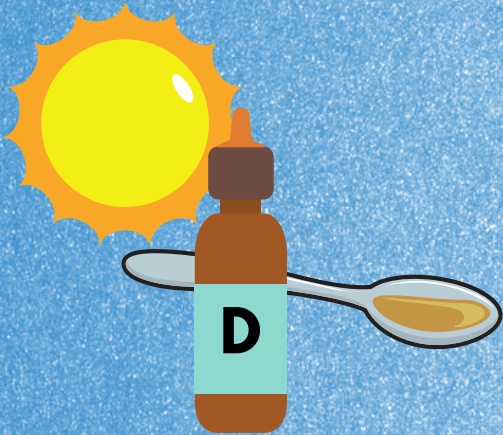


Vitamin C: The body needs this to prevent and fight infections. Whole foods are the best source of Vitamin C. Try to get 1-2 servings per day.

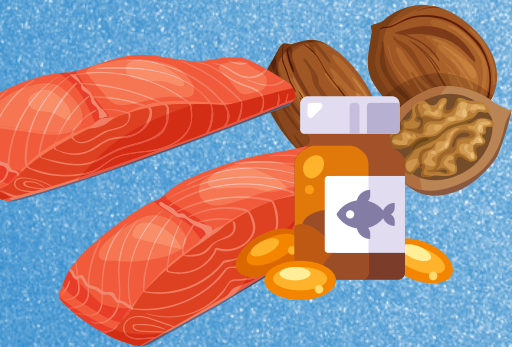


Zinc: Supports T-Cells. Whole grains, oysters, and scallops are great sources. Lozenges may help if you're already sick.

NUTRIENTS THAT STRENGTHEN WHITE BLOOD CELLS' ABILITY TO FIGHT INFECTIONS CONTINUED



Vitamin D: Helps protect against respiratory tract infections. If you don't get enough sun regularly, consider a liquid supplement.

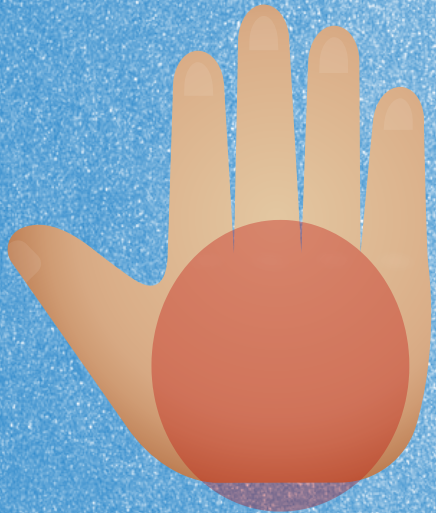


Omega 3 Fatty Acids: These help your white blood cells do their job. Chia seeds, walnuts, and flaxseeds are good sources. Also oily fish such as salmon, sardines, and mackerel 2-3 times a week. If you don't eat fish, consider a supplement.

2

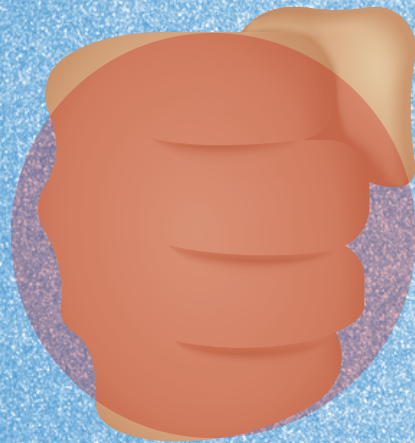
ACHIEVE & MAINTAIN A HEALTHY BODY FAT LEVEL

There are many ways to help with portion control of the foods you eat. Using the MyPlate diagram and Precision Nutrition's Hand Portion Method are great ways to do that.



Protein

1-2 Palms/meal



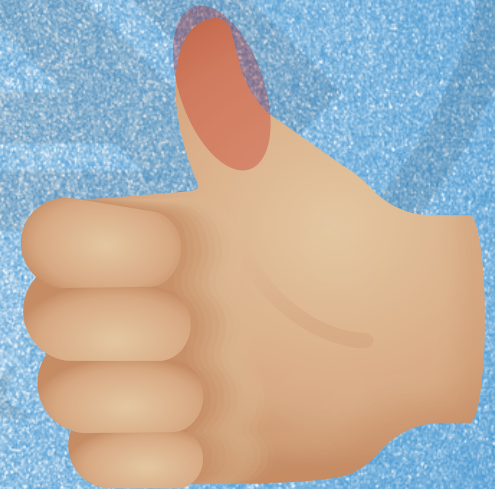
Vegetables

1-2 Fists/meal



Carbs

1-2 cupped
handfuls/meal



Fats

1-2 Thumbs/meal

3

SUPPORT GUT HEALTH

Eat foods with pre and probiotics. Bananas, yogurt, and sauerkraut are great sources. These foods can boost good gut bacteria.

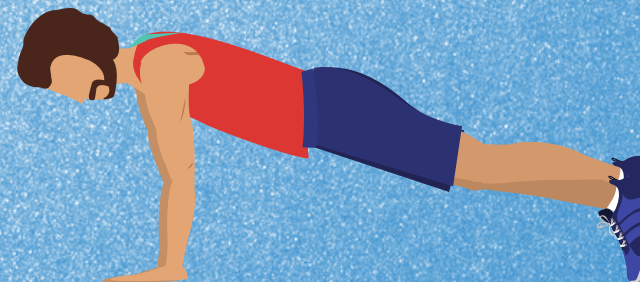
If you currently have gut issues, and foods like these don't help improve it, an elimination diet may help to detect the root cause.



4 MOVE WELL - MOVE OFTEN

Exercise has long-term health-promoting and health-protective effects. Exercising can also help reduce stress and increase immunity.

Exercising doesn't require a gym membership or even gym equipment; you can do it from home, a park, or even your office.

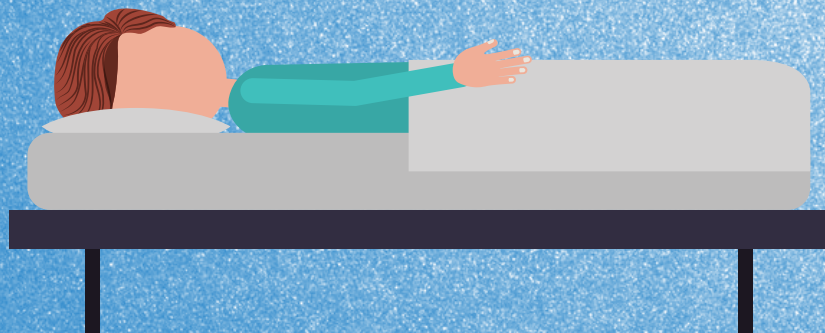


5

QUALITY SLEEP

Aim to get 7 to 9 quality hours of sleep. Undisturbed, quality sleep can be more easily achieved by:

- Turning off electronics at least 30 minutes before bed.
- Clearing your mind with reading, meditation, or gentle movement.
- Sticking to a reasonable bedtime—ideally before 12AM (for most people).
- Avoid large, heavy meals, and large alcohol intake close to bedtime.
- Making your room as dark as possible—lights from electronics or outside light can affect sleep.
- Keeping your sleeping area cool and clean.



6

BALANCE YOUR STRESS LOAD

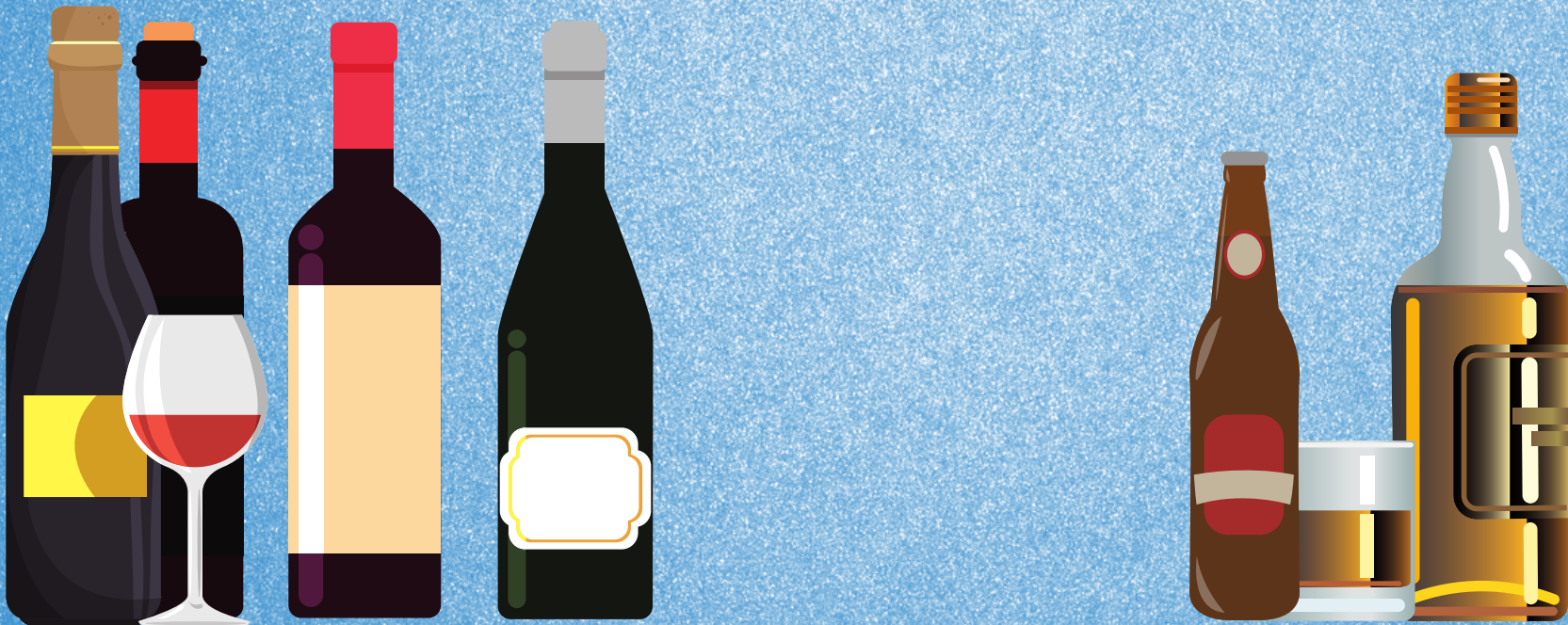
It's unrealistic to completely eliminate stress. But there are ways to mitigate your stress levels and stress load. Schedule and prioritize downtime. Engage in meditation, listening to relaxing music, nature walks, drawing, journaling, reading, and laughing with friends.



7

MODERATE YOUR ALCOHOL INTAKE

It's not clear how alcohol affects the immune system. However, there's plenty of evidence showing that large consumption of alcohol has negative, long-lasting effects on the body and its immune system. Aim to keep your drinking light to moderate (under 10 drinks per week).



8

REMEMBER THE HYGIENE FUNDAMENTALS

We've all learned to wash our hands thoroughly and to avoid touching our faces with unwashed hands. There are additional practices that are sure to help:

- Disinfect frequently-used objects and surfaces:
- Phones, laptops, tablets, and keyboards.
- Keys, ID badges, and credit cards
- Frequently-used doorknobs, fridge doors, etc.
- Workout equipment
- Dishrags and hand towels
- Gloves
- And other frequently-used surfaces

