

IMMUNE BOOSTING *Checklist* ♡



PRECISION *Pilate*



Here are healthy suggestions straight from the US Centers for Disease Control to help prevent catching viruses or other illnesses.

☐ Train yourself not to touch your eyes, nose, and mouth. This is a toughie, but it's a habit that will serve you the rest of your life, helping you avoid Coronavirus, colds, flu, and other viruses!

☐ Wash your hands often with soap and water for at LEAST 20 seconds. If you don't have soap or water available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

☐ Avoid touching common public surfaces that other people touch – like door panels, doorknobs, etc.

☐ Clean and frequently disinfect surfaces and objects (like your cell phone!) that are frequently touched. You can use a regular household cleaner or wipe for this.

☐ Avoid close contact with people who are sick.

☐ If you are sick, stay home.

☐ If you cough or sneeze, cover your mouth and a nose with a tissue, and then throw the tissue directly in the trash.

Here are some other things you can do to help boost your immunity:

☐ **Get Enough Sleep.** This can help improve your body's natural immune function.

☐ **Reduce Stress.** Chronic stress appears to wear down your immune system and make you more vulnerable to illness.

☐ **Eat a Healthy & Balanced Diet** (low in sugar). A balanced diet rich in antioxidants (found in vegetables and fruits) and healthy fats can help support your immune system.

☐ **Stay Hydrated.** Drinking water helps your cells operate optimally, plus it helps your body more easily process food & eliminate waste.

☐ **Exercise.** Moderate to intense workouts lasting under an hour help boost your immune system both immediately and in the long run.

SOURCES:

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