

IMMUNE BOOSTING *Checklist*



M A X

**STRENGTH
FITNESS**

twenty minutes • twice a week • transformation

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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