

# The Health & Immunity Guide



A 4 page  
printable guide  
to help you stay  
healthy

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# THE GUIDE TO BOOSTING YOUR IMMUNITY

**DISCLAIMER:** I'm not a doctor, lawyer or any other sort of credentialed expert...this is just a list of suggestions based on health sites such as the World Health Organisation, CDC and The Harvard Medical School.

- Get adequate sleep as this can help improve your body's natural immune function.
- Maintain a healthy diet. Keep sugar low and eat a variety of fruits and vegetables that are rich in antioxidants as they will help support your immune system.
- Make sure to exercise. Workouts of 30-60 minutes consisting of moderate to high intensity help to boost your immune system.
- Keep stress levels low for optimal immune function.
- Stay hydrated.
- Limit the consumption of alcohol as this has a negative effect on your immune system.



## REFERENCES & SOURCES

Your health and wellbeing is our #1 priority, so we wanted to provide you with some tips and habits to make sure that you can stay healthy and keep up with training your body & brain, as well as fueling your body with healthy foods!

### **CDC: Protecting Your Health**

<https://www.cdc.gov/coronavirus/2019-ncov/protect/prevent.html>

### **CDC: About The Coronavirus Disease**

<https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>

### **CDC: Cleaning & Disinfection Recommendations**

<https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html>American

### **Chemistry Council: Coronavirus Cleaning Products**

<https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf>

### **Other Sources:**

<https://www.health.harvard.edu/diseases-and-conditions/coronavirus-resource-center>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>