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| Health Topic: | STRENGTHEN YOUR IMMUNITY |
| Email Copy: | BELOW, PLEASE COPY AND PASTE THE BELOW INTO AN EMAIL TO SEND |
| Flyer: | PLEASE ATTACH THE CORRESPONDING FLYER TO THE EMAIL AS REFERENCE |
| Instructions: | TO PROMOTE HEALTHY LIVING TO YOUR AUDIENCE PLEASE UTILIZE THE BELOW EMAIL WITH THE CORRESPONDING TOPIC FLYER. |



STRENGTHEN YOUR IMMUNITY

A complete guide to improve and strengthen the way your body fights off illness and prevents disease!

UNDERSTAND THE CHALLENGE:

Building a strong immune system is reliant on a healthy lifestyle. The prevalence of chronic disease today is a result of poor immunity due to negative health behavior choices. Our bodies are naturally equipped with a defense system against pathogens, but we must treat our body properly in order to maximize the power of our innate immunity. A plant-based diet, adequate sleep and exercise, healthy stress management, avoiding use of alcohol and tobacco, and good personal hygiene are some of the most impactful ways to boost your natural immunity. You can start living better TODAY by making small adjustments to your lifestyle and gradually increasing them over time! Once you know the way, you can lead others to follow you through the power of healthy living. Life doesn't get better by chance, it gets better by change!

LIVE BETTER:

- Eat Well by *consuming a well-balanced diet emphasizing whole grains, fruits, vegetables, and legumes*
- Consume Immune-Boosting Foods by *eating a variety of colors and textures to obtain adequate nutrients for immunity*
- Get Moving by *incorporating enjoyable physical activity into your daily routine*
- Sleep Soundly by *prioritizing getting 7-9 hours of quality sleep each night*
- Stress Less by *using healthy coping mechanisms to react to stressors in your life*
- Practice Good Social Health by *surrounding yourself with people who have a positive impact on you*
- Lower Your Risk of Chronic Disease by *making healthy lifestyle choices every day*
- Avoid Using Alcohol by *finding other, healthful activities to replace drinking*
- Stay Hydrated by *drinking plenty of water throughout the day and avoiding sugary beverages*
- Make Your Fat Intake Count by *choosing mono and polyunsaturated fats rather than saturated or trans fats*
- Avoid Toxins by *being aware of pollution in your environment, reading food labels, and washing off your groceries*
- Practice Good Personal Hygiene by *washing your hands frequently, brushing your teeth, and staying home when you are sick*
- Refrain from Using Tobacco by *beginning the process of quitting or finding alternate solutions*
- Tips & Tricks

LEAD BY EXAMPLE:

- Make the Healthy Choice the Easy Choice by *creating a routine with healthy behaviors that you can follow*
- Know the Way, Go the Way, Show the Way by *being a model for others and show them how to live a healthy life*
- Share the Good News by *speaking about your success and encouraging others to begin their journey*

IF YOU WOULD LIKE TO LEARN MORE OR PARTICIPATE IN A COMPLEMENTARY ONLINE HEALTH TRANSFORMATION COURSE

VISIT: [HTTPS://LIVEANDLEAD.TEACHABLE.COM/](https://liveandlead.teachable.com/)