

# LIVE LEAD

## STRENGTHEN YOUR IMMUNITY

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

### UNDERSTAND THE CHALLENGE:

- Overactive and weakened immune systems increase our risk of infection and decrease our bodies ability to fight off infections. Poor nutrition and personal hygiene, a lack of physical activity, inadequate sleep, and unhealthy stress management and mental health all decrease our host resistance immune respond.

### LIVE BETTER:

- **Sleep Soundly:** Aim for 7-9 hours a night.
- **Eat well:** Eat mostly whole-food, plant-based foods (vegetables, fruits, whole-grains, legumes).
- **Consume immune-boosting foods:** Include a variety of colorful unprocessed plant foods and textures in your diet to make sure you get adequate nutrients.
- **Make your fat intake count:** Avoid trans-fat, saturated fat, and cholesterol and obtain your fat from nuts and seeds.
- **Hydrate:** Nourish your body and brain with water throughout the day.
- **Get moving:** Move more and incorporate enjoyable physical activity and exercise into your lifestyle.
- **Stress less:** Manage your stress response and respond appropriately. Important and controllable: take action. Important and uncontrollable: accept and positively cope.
- **Strengthen your social health:** Create and maintain healthy relationships by listening, expressing yourself.
- **Prevent or reverse chronic diseases:** Live healthfully by sleeping soundly, eating well, moving more, managing stress, avoiding drugs and alcohol, cultivating healthy relationships.
- **Stop smoking:** Refrain from using tobacco or seek help to start the process of quitting.
- **Avoid alcohol:** Avoid using alcohol to prevent impairments to the immune system and other bodily functions.
- **Avoid toxins:** Be aware of the pollution in the air around you, read food labels, and wash your produce.
- **Supplement where needed:** If you cannot consume your vitamins and minerals through your diet, consult your physician to discuss the right supplements for you to take.
- **Practice good personal hygiene:** Wash your hands frequently, brush your teeth at least twice a day, clean surfaces often, stay home if you are sick, and avoid being in contact with people who are currently sick.



### LEAD BY EXAMPLE:

- Create consistent daily habits and routines to continue making improvements throughout your journey
- Build a healthy and positive environment to make the healthy choice the easy choice.
- Know the way, go the way, show the way by living and leading a healthy life.

**IF YOU WOULD LIKE TO LEARN MORE OR TAKE A COURSE ON THIS HEALTH TOPIC PLEASE VISIT:**

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