

# STRENGTHEN YOUR IMMUNITY

**A COMPLETE GUIDE TO IMPROVE AND STRENGTHEN THE WAY YOUR BODY FIGHTS OFF ILLNESS AND PREVENTS DISEASE!**



## UNDERSTANDING IMMUNITY:

- Don't worry about the germs in the air, focus more of your efforts on where germs are going to land.
- Having a healthy immune system is essential to detecting and fighting off and recovering from infection. Focus on getting your vitamins and minerals from food and supplement where needed. Whole, plant-based foods are the most nutrient dense which makes them ideal for your immune health.

## LIVE BETTER - TAKE RESPONSIBILITY FOR YOUR HEALTH:

- Aim for sleeping 7-9 hours per night.
- Eat well by focusing on filling your plate with a variety of unprocessed colorful fruits, vegetables, whole grains, and legumes (beans, peas, lentils).
- Consume 5-10 servings daily of immune-boosting fruits and vegetables.
- Make your fat intake count by avoiding trans-fat, saturated fat, and cholesterol and get your fat from plants, nuts and seeds.
- Drink at least 8 cups of water per day.
- Move more and incorporate enjoyable physical activity and exercise into lifestyle.
- Manage your stress response and respond appropriately. Important and controllable: act. Important and uncontrollable: accept and positively cope.
- Strengthen your social health and avoid individuals who devalue you.
- Prevent or reverse chronic disease by eating plenty of fruits, vegetables, and seeds while exercising regularly.
- Stop smoking by planning to quit smoking and following through with it.
- Avoid alcohol and find healthier alternatives to cope with stressors.
- Avoid toxins by washing your hands, washing fruits and vegetables, and avoid/limit animal food consumptions.
- Supplement where needed but aim to get your vitamins and minerals from the foods you eat.
- Practice good hygiene by washing your hands, brushing your teeth and staying home when sick.

## LEAD BY EXAMPLE - KNOW THE WAY, GO THE WAY, SHOW THE WAY:

- Create consistent daily habits and routines to continue making improvements during your journey
- Build a healthy and positive environment to maintain your achievements
- Make being healthy a permanent aspect of your lifestyle and others will see and follow.

## ACT NOW – SUCCESS HAPPENS DAILY, NOT IN A DAY:

- Join our complementary school: <https://liveandlead.teachable.com/>
- Learn more about the topic through our free course: <https://liveandlead.teachable.com/p/understandimmunity>
- Commit to your health and register for our low-cost course: <https://liveandlead.teachable.com/p/strengthen>
- Transform your health through our 12-week course: <https://liveandlead.teachable.com/p/healthynowandforever>

## MY PLAN TO LIVE BETTER & LEAD BY EXAMPLE...

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