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BUILDING A STRONG IMMUNE SYSTEM



OPTIMAL NUTRITION: CONSUMING A BALANCED DIET RICH IN FRUITS, VEGETABLES, LEAN PROTEINS, WHOLE GRAINS, AND HEALTHY FATS PROVIDES ESSENTIAL NUTRIENTS THAT BOOST IMMUNE FUNCTION.



REGULAR PHYSICAL ACTIVITY: ENGAGING IN REGULAR PHYSICAL ACTIVITY, SUCH AS BRISK WALKING, CYCLING, OR PARTICIPATING IN GROUP FITNESS CLASSES, CAN HELP IMPROVE CIRCULATION, REDUCE INFLAMMATION, AND ENHANCE IMMUNE SURVEILLANCE.



ADEQUATE SLEEP: ENSURING SUFFICIENT SLEEP EACH NIGHT ALLOWS THE BODY TO REPAIR ITSELF AND REGULATE IMMUNE FUNCTION. ADULTS SHOULD AIM FOR 7-9 HOURS OF QUALITY SLEEP PER NIGHT.



REDUCING STRESS: CHRONIC STRESS CAN SUPPRESS THE IMMUNE SYSTEM BY RELEASING THE HORMONE CORTISOL, WHICH INHIBITS THE EFFECTIVENESS OF IMMUNE CELLS.





NOW LET'S TAKE ACTION! FOR 10 DAYS, USING THE CHART, YOU WILL TRACK YOUR ADHERENCE TO YOUR CHOSEN MEAL PLAN, MOVEMENT, SLEEP DURATION AND METHOD OF STRESS MANAGEMENT! THE GOAL IS TO HAVE AS MANY CHECK MARKS COLORED IN AS POSSIBLE!

1 2 3 4 5 6 7 8 9 10

NUTRITION: DID I ADHERE TO MY MEAL PLAN?

<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
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MOVEMENT: DID I MOVE FOR AT LEAST 45 MINS?

<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
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SLEEP: DID I GET AT LEAST 7HRS OF SLEEP?

<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
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STRESS MANAGEMENT: I WILL

<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
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TO REDUCE MY STRESS.

SCAN



SCAN FOR A DEEP DIVE ON HOW PROPER NUTRITION, MOVEMENT, SLEEP AND STRESS MANAGEMENT CAN IMPROVE YOUR BODY COMPOSITION, ENERGY AND OVERALL HAPPINESS!