



# Immune Boosting Checklist

## FITNESS



## SLEEP



## FOOD



## BEVERAGES



## ESSENTIAL OILS



## STRESS



## MISCELLANEOUS

None of the suggestions made here will prevent contracting Covid 19. Please, please follow the CDC guidelines that include mask wearing, hand washing, social distancing and avoiding large crowds of people. The suggestions will boost immunity and over time may help with all the things we are exposed to in the environment that are harmful

1

**FITNESS** is so important for everything!!! Start an exercise program: walking, jogging, weight bearing exercise, biking, yoga (check out Sarah Beth on YouTube) will all boost cardio and lung health and bone health in return increasing immunity

2

Vital to overall health you need a good nights **SLEEP!** 7-9 hours!! Decrease screen time 1-2 hours prior to bedtime, lower the lights, avoid heavy meals prior to bedtime. Track sleep with a **fitbit** or **apple watch**

3

The mediterranean **DIET** is an excellent immune boosting plan. It is high in brightly colored vegetables, rich in olives & olive oils and fish and lean protein and low in sugar (which is an inflammatory food)

4

Avoid excess caffeine, alcohol and sugary **BEVERAGES!!!** Though this is all stuff that tastes good, it can interfere with normal cellular function, contribute to inflammation in the body and decrease immunity. I love **NINGXIA RED** from Young Living. It helps increase antioxidant status!

5

There are lots of **ESSENTIAL OIL** companies out there. My experience is with **YOUNG LIVING** where oils like **THIEVES, OREGANO, BASIL & FRANKINCENSE** are pure, unadulterated, chemically tested effective oils for boosting your immune system

6

Decreasing stress can help build immunity. When we are under high levels of stress it increases cortisol which can result in decreased immunity, weight gain, decreased ability to sleep, cognitive impairments to name just a few. Young Living **PEACE & CALMING** and **STRESS AWAY** are great oils that will help address stress in your life

**#StopTheSpread**



**SPREAD**

*Kindness*

**INSTEAD**