

# The Health & Immunity Guide



A 5 page  
printable guide  
to help you stay  
healthy

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Ultimate Performance Training



# THE GUIDE TO BOOSTING YOUR IMMUNITY

**DISCLAIMER:** I'm not a doctor, lawyer or any other sort of credentialed expert...this is just a list of suggestions based on health sites such as the World Health Organisation, CDC and The Harvard Medical School.

- ☐ Get adequate sleep as this can help improve your body's natural immune function.
- ☐ Maintain a healthy diet. Keep sugar low and eat a variety of fruits and vegetables that are rich in antioxidants as they will help support your immune system.
- ☐ Make sure to exercise. Workouts of 30-60 minutes consisting of moderate to high intensity help to boost your immune system.
- ☐ Keep stress levels low for optimal immune function.
- ☐ Stay hydrated.
- ☐ Limit the consumption of alcohol as this has a negative effect on your immune system.



## SUGGESTIONS TO PROTECT YOURSELF FROM VIRUSES FROM WORLD HEALTH ORGANISATION AND THE HARVARD MEDICAL SCHOOL

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- ☐ Avoid close contact with people who are sick.
- ☐ Avoid touching your eyes, nose, and mouth.
- ☐ Stay home when you are sick.
- ☐ Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- ☐ Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- ☐ Wash your hands often with soap and water.



A background image showing a portion of a gym, specifically a piece of exercise equipment with a black seat and silver frame, partially obscured by a grey overlay.

# HOW TO STAY SAFE & HEALTHY AT THE GYM

Your health and wellbeing is our #1 priority, so we wanted to provide you with some tips and habits to make sure that you can stay healthy and keep up with your exercise routine. First of all, while our cleaning procedures are already quite thorough, we want to let you know that we have elevated our cleaning practices to keep the facility a safe and welcoming space for clients and staff.

## Here is our 10 Point Checklist for the Gym:

- ☐ Bring Your Own Towel to the gym to cover any mats or equipment you're using
- ☐ Do not come to the gym if you are sick or not feeling well.
- ☐ Thoroughly wash (for 60-seconds with antibacterial soap) or sanitize your hands as soon as you come to the gym.
- ☐ Wipe down each piece of equipment thoroughly after using.
- ☐ Reduce the time spent on equipment that you have to put your hands on. Instead, add more bodyweight movements...and feel free to ask for some if you don't know any.
- ☐ As much as we love fist bumps, handshakes and high fives, for the time being let's just stick with a head nods.
- ☐ Avoiding touching your face while at the gym (or anywhere out in public).
- ☐ Thoroughly wash my hands (for 60-seconds with antibacterial soap) at the end of your workout and when you return home.
- ☐ Wash your workout clothes the same day because the virus can live on clothing items for a week (from what I understand from the research).



## REFERENCES & SOURCES

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### **CDC: Protecting Your Health**

<https://www.cdc.gov/coronavirus/2019-ncov/protect/prevent.html>

### **CDC: About The Coronavirus Disease**

<https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>

### **CDC: Cleaning & Disinfection Recommendations**

<https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html> American

### **Chemistry Council: Coronavirus Cleaning Products**

<https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf>

### **Other Sources:**

<https://www.health.harvard.edu/diseases-and-conditions/coronavirus-resource-center>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>