



COVID-19: Nutrition & Exercise Recommendations

Immunity Boosters

Citrus fruits, Red bell peppers, Broccoli, Spinach, Ginger, Garlic, Yogurt, Turmeric, Kiwi

Exercise

While you are staying out of the gym, **a minimum of 30 minutes a day of moderate exercise** is encouraged to strengthen the immune system helping defend itself against pathogens as well as boost feel-good hormones such as serotonin. Ideas to move:

- ✓ Take a walk, hike, bike ride, or run outside.
- ✓ Practice indoor exercise routines such as yoga, body weight exercises, or use household items as your weights.
- ✓ Search YouTube for free guided workouts.
- ✓ Lunges, high-knees, burpees, push-ups, sit-ups and jumping jacks are a great way to increase your heart rate.
- ✓ Cleaning your house by tidying up and rearranging can increase your step count and provide weight training.

Nutrition Recommendations

General healthy eating guidelines are recommended.

- ✓ Eat a variety of **fruit and veggies**, rich in antioxidants.
- ✓ Add **healthy fats** such as olive oil, avocados, oily fish, and nuts to increase your body's production of compounds involved in regulating immunity.

Evidence-Based Preventative Immune Support

- ✓ Vitamin C: 2000-4000 mg per day
- ✓ Zinc lozenges
- ✓ Elderberry Syrup: 1 tsp per day
- ✓ Vitamin D3: until test results show 60-80ng/ml

- ✓ Drink your body weight in ounces of **water** per day to help your body naturally eliminate toxins and other bacteria that may cause illness.

- ✓ **Stay regular.** Daily bowel movements keep the digestive system regulated, which is home to our immune system.

For more information, please visit the CDC and WHO websites for regular updates.