

# STAY HEALTHY DURING FLU SEASON



## FLU PREVENTION PLAN

“The best defense is a good offense.” Don’t wait until you (or seemingly all those around you) are struck by the flu to get prepared. Take a little preventative action now to either A.) avoid getting sick in the first place or, B.) help you get back on your feet sooner if you do.

- 1. Regular moderate exercise.** It’s good to push yourself occasionally, but extreme-exercise can actually weaken the immune system while moderate physical activity strengthens it.
- 2. Sleep.** Your body needs time to recover from today and prepare for tomorrow. Chronic lack of sleep also lowers your body’s natural defenses.
- 3. Micronutrients.** All vitamins and minerals (including, but not exclusively vitamin C) are important for strong immunity. Eat adequate fruits and vegetables or take a multi-vitamin or vitamin C supplement daily.
- 4. Water.** Don’t get dehydrated—it will slow you down and your body won’t filter out toxins as effectively.
- 5. Antioxidants.** You want these guys on your team all the time. Some antioxidant-rich sources are fruits and vegetables, coffee, teas and spices (especially cinnamon, oregano and cayenne!).
- 6. Make a ‘Get Well’ box** before you’re sick complete with: zinc lozenges, Emergen-C packets, easily digestible foods like crackers, soup and oatmeal, Kleenex and a method to re-balance electrolytes. A few ideas for getting your electrolytes back on track: Hot tea with fresh grated ginger, lemon squeeze, a pinch of sea salt and a spoonful of raw honey; coconut water; Clif Shot Electrolyte drink; and either chicken or vegetable broth.