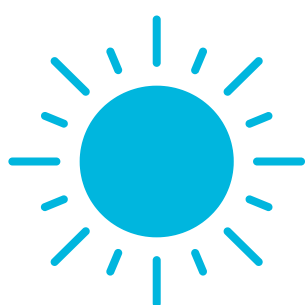


# 6 HEALTHY HABITS YOU MAY BE MISSING FOR FLU PREVENTION

Many of us will enter the upcoming flu season better prepared because we have already been practicing the COVID-prevention tools, especially careful handwashing, respiratory protection (wearing a mask), and appropriate social distancing. While these precautions are important for flu prevention, we need to go deeper inside our bodies to learn that real flu virus-prevention is an "inside job." Follow these 6 simple steps to empower your immune system warriors and stay healthy during this unusual flu season.

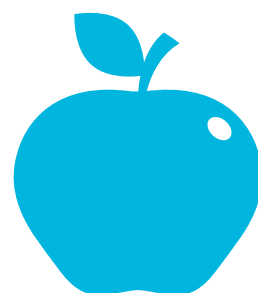


## PRACTICE YOUR BELIEF EFFECT

The more you believe your immune system will fight for you, the more likely it will during flu season, and beyond. Positivity promotes immunity!

## EAT IMMUNE-BOOSTING FOODS

The better you feed your immune system, the better it will fight for you. Load your body with real, whole foods - like fruits & veggies - to mobilize immune-boosting power cells.



## MOVEMENT MOBILIZES YOUR IMMUNE SYSTEM

The more you move, the better your blood flow. The better your blood flow, the more you mobilize your virus fighting cells. Get outside while exercising for an added boost to your immunity while also reducing stress.

## LAUGH

Humor heals, fear harms. "Laughter is the best medicine" is especially true for your immune system. Watch a funny movie or tell jokes with your family to increase virus fighting cells.



## HELPING OTHERS HEALS

The more you help someone else heal, the more likely you are to heal. Now is a perfect time to think about how you can brighten someone else's day. Send someone you care about a kind or funny text, a card, or pick up the phone for a chat.

## GET A GOOD NIGHT'S SLEEP

Your immune system heals during sleep. The better your quality of sleep, the greater the quantity and quality of your immune system. Sweet dreams!

