

The Health & Immunity Guide



A 5-page
printable guide
to help you stay
healthy

BY BRIAN DONOVAN

www.OnlineFitnessCoach.com



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 Organization, 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 your consumption of alcohol as this has a negative effect on your immune system.



SUGGESTIONS TO PROTECT YOURSELF FROM VIRUSES FROM THE WORLD HEALTH ORGANIZATION 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.

REFERENCES & SOURCES

Your health and wellbeing is my #1 priority, so I wanted to provide you with some tips and habits to make sure that you can stay healthy and keep up with your exercise routine.

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>

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>

WELL, THERE YOU HAVE IT.

My free *Health & Immunity Guide* to help you boost your immune system and stay protected from viruses.

By the way, with all of the gym shutdowns due to the coronavirus, I've been spending a good chunk of my time writing up in-home bodyweight, resistance band, and dumbbell workouts for my 1-on-1 online coaching clients.

If you are struggling right now to stay on track with your workouts because your gym is closed and need some help, I strongly urge you to join hundreds of other men and women on the same journey as you, in the Online Fitness Coach program.

CLICK BELOW FOR 7 DAYS OF FREE HOME WORKOUTS!



START MY FREE 7-DAY TRIAL