



# Live Healthy

EAT BETTER, MOVE MORE, BE WELL

## 1 Eat for immunity

Nutrition supports the function of immune cells and their response to pathogens and inflammation. About 80% of our immune cells live in the gut associated lymphoid tissue (GALT), which is the inner mucosal layer of gut. It is important to balance gut health because gut health supports a healthy immune system.

**Tip: Eat plenty of fruits & vegetables!** Recommendation: 4-5 servings per day

Vegetables are lower in calories and high in nutritional content. They are rich in vitamins and minerals (micronutrients) that support immune function as well as fiber which helps reduce cholesterol, increase satiety, and regulate bowel function.

Adequate micronutrient intake from real, nourishing food sources is essential to both prevent and aid in recovery from infection.

- Micronutrients: A, C, D, E, B12, B6, B9, Zinc, Iron, Omega 3 Fatty acids, Quercetin

Adequate macronutrient intake is essential for your body to function properly. from real, nourishing food sources is essential to both prevent and aid in recovery from infection.

- Macronutrients:
  - **Protein:** Protein allows your body to grow, build and repair tissues, and protect lean body mass (your muscle mass). seafood, poultry, meat, beans/legumes, dairy/Eggs
  - **Fat:** Fat allows you to store energy, cushion organs, make certain hormones, absorb fat soluble vitamins, and helps with cell membrane integrity. Heart healthy: EVOO, Dairy/Eggs, Nuts/Seeds, Fatty fish
  - **Carbs:** All carbohydrates are eventually broken down into glucose, which is the main energy source for your body.

Other ways to support gut health:

- **Probiotics:** Live bacteria and yeasts similar to the microorganisms that naturally live in your gut. They help promote a healthy bacteria balance in the gut by counteracting unhealthy gut bacteria from a poor diet, inflammation, antibiotics, and illnesses. Probiotics help restore the natural balance of gut bacteria.  
**Examples:** Kombucha, Kimchi, Kefir, yogurt, Sauerkraut
- **Prebiotics:** Prebiotics are essential for probiotics to work. You can think of prebiotics as food for probiotics. In their simplest form they are fibers and natural sugars that working together to build and maintain healthy gut bacteria.
  - **Examples:** Garlic, Onions, Leeks, Asparagus, Apples, Bananas, apple cider vinegar



## **2** Drink Water & Stay Hydrated

Staying well hydrated and drinking plenty of water supports your immune system by aiding the body in eliminating toxins that contribute to illness.

*How much? Aim for half your body weight in fluid ounces (ex: 140# = 70 oz H<sub>2</sub>O)*

- Reduce sugary beverages: try herbal teas, fruit infused water, or sparkling water to spice it up.
- Drink alcohol in Moderation: no more than two drinks per day for men and no more than one drink per day for women. (1 drink = 12 oz beer or 4 oz wine)

## **3** Get Sleep

Sleep quality and quantity play a significant role in immune health, overall.

*Tip: Aim for at least 7-9 hours of quality rest, per night.*

- Turn off devices. Staring into the bright light of your phone may mess with your Circadian rhythm and your melatonin production.
- Create a bedtime ritual. Set an alarm to go to bed. Alarms don't have to be just for waking up. Use one to remind you that it's time to wrap it up for the night.

## **4** Reduced stress

Practicing mindfulness and meditation may help you manage stress and high blood pressure, sleep better, feel more balanced and connected, and even lower your risk of heart disease. Try incorporating Yoga, Meditation, Prayer, Deep Breathing

## **5** Stay Active/Sit Less

The behavior of almost all immune cell populations in the bloodstream is altered in some way during and after exercise.

- AHA recommends 150 min per week of mod-intense aerobic activity (walking, water aerobics, dancing, etc) or 75 mins per week of vigorous (running, cycling, swimming laps, etc)

**Dallas Heart Walk Goal: 1 billion steps!** The average person walks 3,000-4,000 steps per day or 1.5-2 miles. If you started walking daily tomorrow, you could rack up about 50,000 steps by September 12<sup>th</sup>!