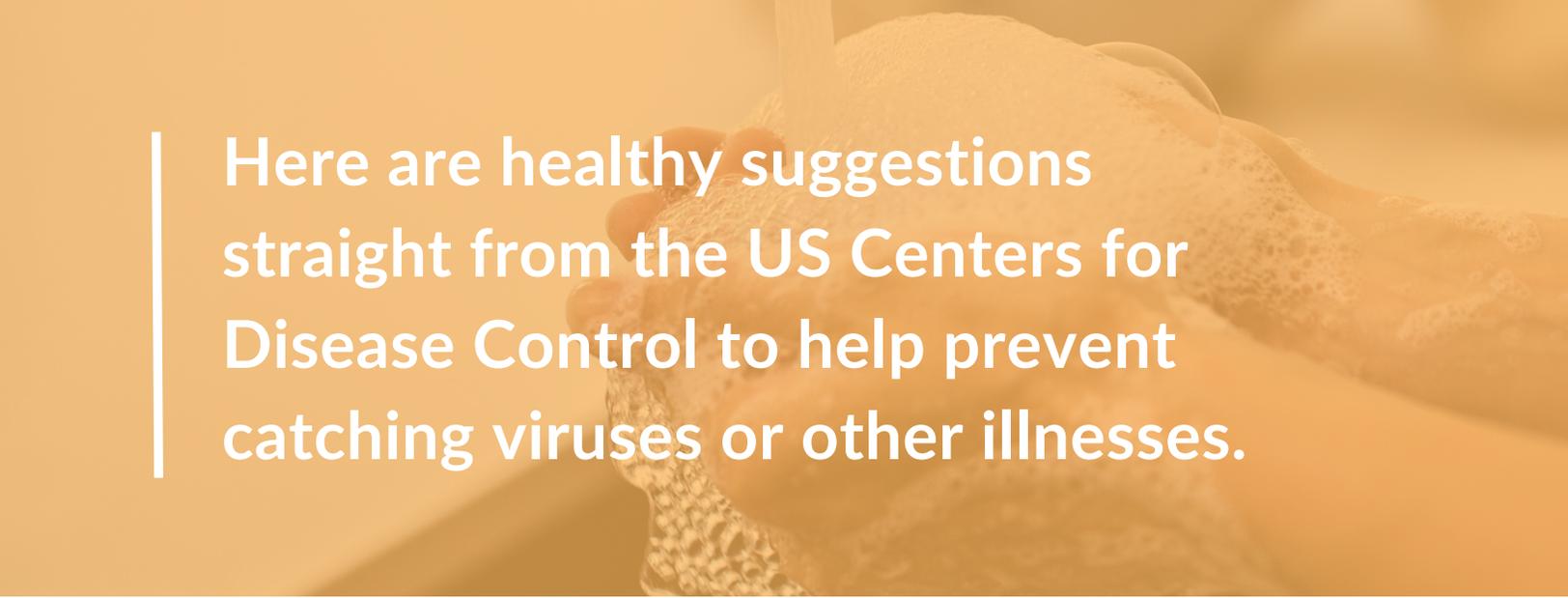


IMMUNE BOOSTING Checklist





Here are healthy suggestions straight from the US Centers for Disease Control to help prevent catching viruses or other illnesses.

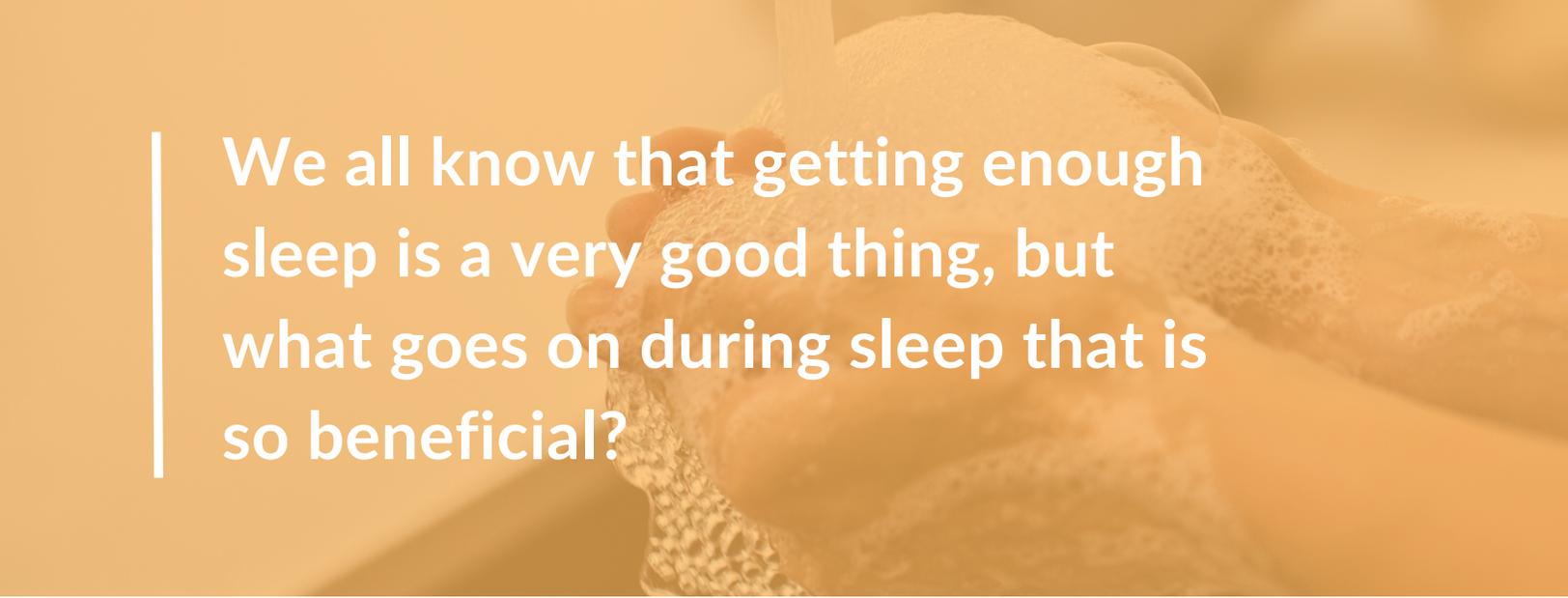
- Train yourself not to touch your eyes, nose, and mouth. This is a toughie, but it's a habit that will serve you the rest of your life, helping you avoid Coronavirus, colds, flu, and other viruses!
- Wash your hands often with soap and water for at LEAST 20 seconds. If you don't have soap or water available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Avoid touching common public surfaces that other people touch – like door panels, doorknobs, etc.
- Clean and frequently disinfect surfaces and objects (like your cell phone!) that are frequently touched. You can use a regular household cleaner or wipe for this.
- Avoid close contact with people who are sick.
- If you are sick, stay home.
- If you cough or sneeze, cover your mouth and a nose with a tissue, and then throw the tissue directly in the trash.

Here are some other things you can do to help boost your immunity:

- Get Enough Sleep.** This can help improve your body's natural immune function.
- Reduce Stress.** Chronic stress appears to wear down your immune system and make you more vulnerable to illness.
- Eat a Healthy & Balanced Diet** (low in sugar). A balanced diet rich in antioxidants (found in vegetables and fruits) and healthy fats can help support your immune system.
- Stay Hydrated.** Drinking water helps your cells operate optimally, plus it helps your body more easily process food & eliminate waste.
- Exercise.** Moderate to intense workouts lasting under an hour help boost your immune system both immediately and in the long run.

SOURCES:

www.sciencedirect.com/science/article/pii/S2095254618301005?via%3Dihub
www.cdc.gov/coronavirus/2019-ncov/protect/prevent.html
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www.eurekaselect.com/88373/article
<https://psycnet.apa.org/doiLanding?doi=10.1037%2F0033-2909.130.4.601>



We all know that getting enough sleep is a very good thing, but what goes on during sleep that is so beneficial?

Benefits

- Sleep activates the release of human growth hormone (HGH), an essential player in cellular regeneration.
- Sleep can enhance your memory function and creative problem-solving skills the next day.
- A good night's rest will help boost your athletic performance, including speed, agility and overall energy levels.
- Sleep will boost your immune system, leaving you less vulnerable to illness.
- Sleep can leave you more resilient to daily stress, something we can all benefit from.
- Sleep can help you see the positives in your daily interactions, making you a happier person.
- Last but not least, you oxidize the most fat during sleep. If you are looking to shed a little fat, make sleep a priority!

There are numerous benefits to gain from getting into bed just a little bit sooner each night.

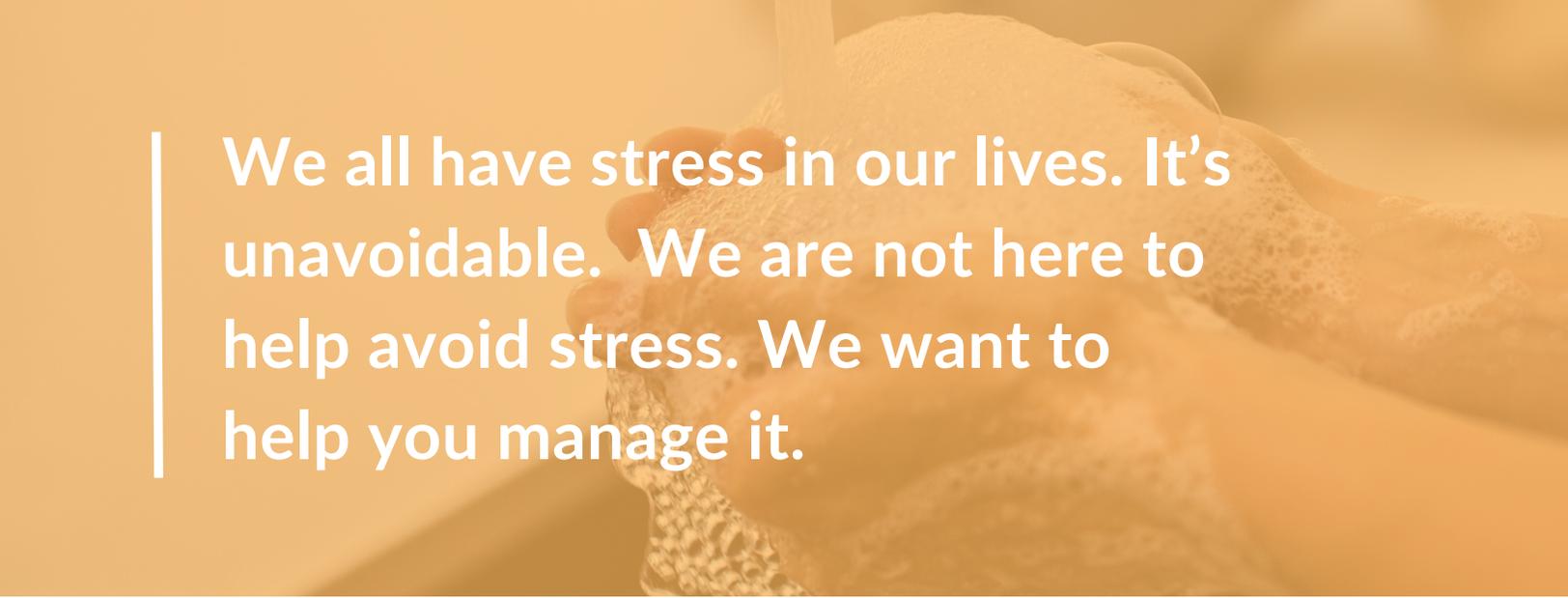
I think it's always important to remind ourselves WHY we are doing something. If you are struggling to get to bed sooner, remind yourself of some of the benefits that make sense to you.

It is also good to think about the impact getting more sleep is going to have on those you care about.

- **Are you a more attentive mother?**
- **Are you a more compassionate father?**
- **Do you have a longer fuse?**
- **Are you more present?**
- **Do you enjoy life more, which in turn makes everyone around you happier?**

Unplug a little bit more at night and get into a healthier routine!

Sweet Dreams!



We all have stress in our lives. It's unavoidable. We are not here to help avoid stress. We want to help you manage it.

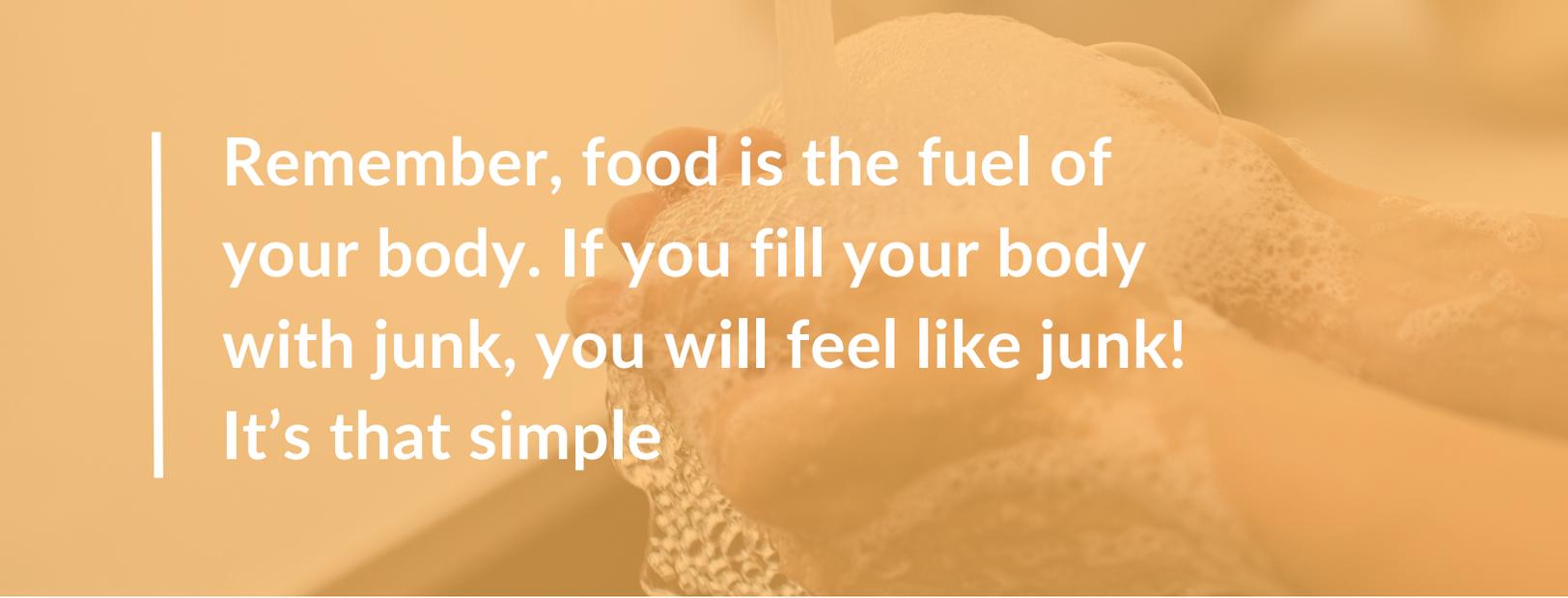
One of the best ways to simplify stress is to think of your body like a hybrid car. You have your gas tank (sympathetic system) and your battery (parasympathetic system). When you are cruising around through day to day activities, you want your battery to be the one powering you. This is the most efficient way to give you the energy that you need. However, there are times each and every day that you need to punch the gas and get a boost in energy. Whatever the reason is, you want your gas tank to give you that quick shot of adrenaline. This is the way the systems are supposed to work with each other. We get in trouble when we rely too heavily on one system over the other. Generally this means that we are relying on the sympathetic (our gas tank) to fuel us all day long. This energy source is not a sustainable one and eventually we will run out of gas! This puts a lot of stress on our system and bodies. We realize that something is not right and our bodies will shut down until order is restored.

How Does This Affect Your Body?

Stress is not always a bad thing. There are some good stressors out there (working out, for example) but the key is not getting stuck in a stressful state all the time. You need to train your body to be able to handle a stressor and then switch back to battery mode efficiently.

One of the best ways to switch back to parasympathetic mode in your body is by taking ten mindful minutes in the middle of the day! If you are someone who just feels like they are go-go-go all the time and spinning their wheels jumping from one thing to the next, this is going to be one of the most important habits for you in your journey.

**Take a 10 minute
time out**



Remember, food is the fuel of your body. If you fill your body with junk, you will feel like junk! It's that simple

There are certain foods that fuel your body of what it needs. There are other foods that just fill you up.

So what's the easiest way to get what your body needs and leave out what it doesn't?

Eat Fresh Food

Put simply, eat mostly foods that will rot in just a few days if you don't refrigerate or freeze them. And don't get hung up on the word "Fresh". It's not always feasible to keep a ton of fresh veggies in the house, for instance. Frozen is cool too. (see what I did there? Frozen? Cool? Never mind)

Here is how I remember what to put on my plate at each meal. I include Protein, produce and drink water. PPW.

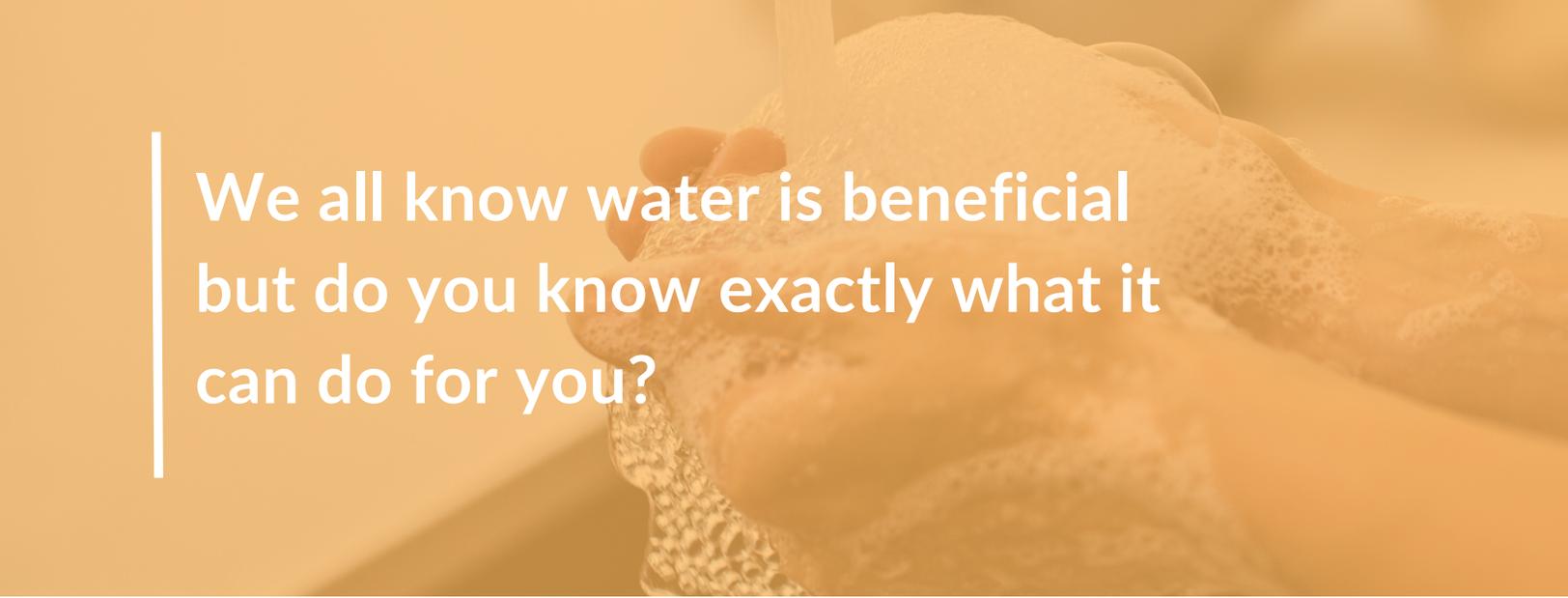
How Does This Affect Your Body?

At Cr8 Fitness we are not supplement pushers. We do carry supplements in our gym. I will make recommendations that in my opinion can make a difference in your overall health by "filling the gaps" in your diet.

- High Quality Fish Oil
- Probiotics
- Multivitamin
- Protein Supplementation

Supplements are not the foundation of a healthy diet. There are supplements that may help overall health and "fill the gaps". Talk to your coach or health care provider if you have supplement questions.

**PPW= Protein,
Produce and Water**



We all know water is beneficial but do you know exactly what it can do for you?

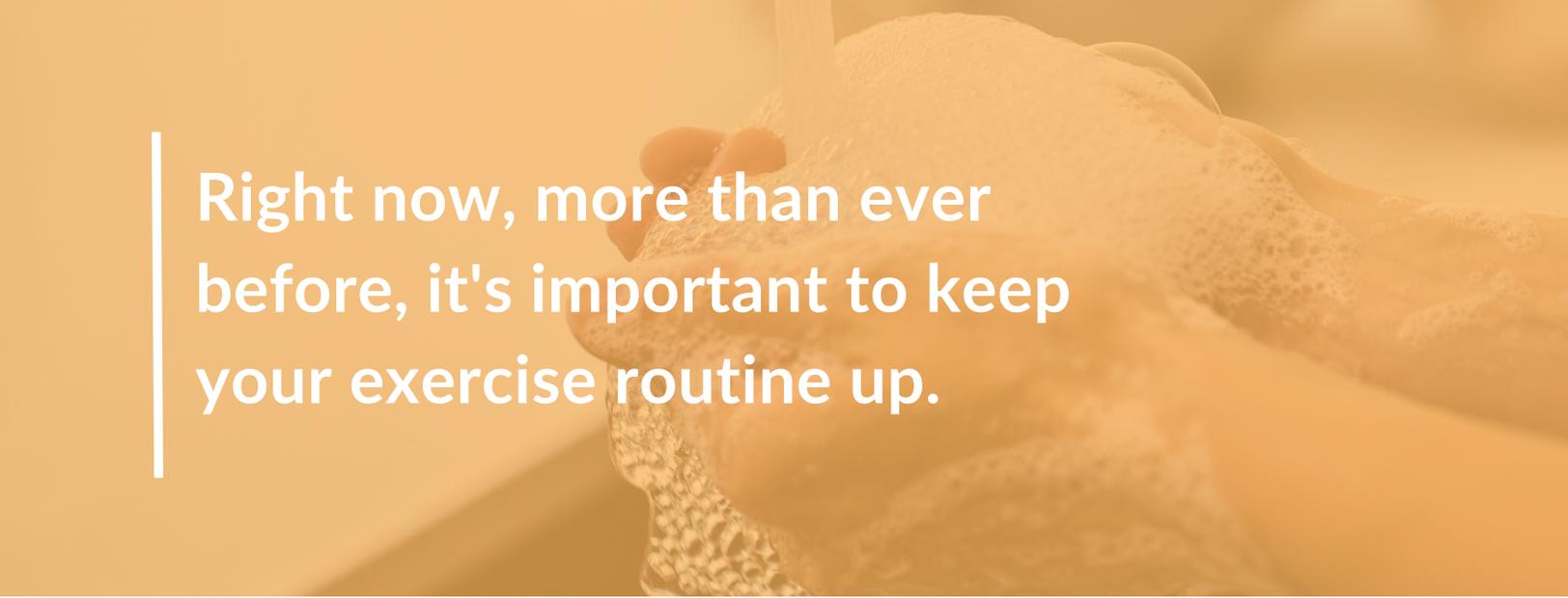
Here are some of the top benefits from proper water consumption:

- Increases Energy & Relieves Fatigue. Increasing your water intake will help your brain function at a higher level.
- Promotes Weight Loss – Drinking a glass of water before a meal can help control appetite and help you from overeating.
- Flushes Out Toxins
- Improves Skin Complexion
- Aids In Digestion
- Boosts Immune System – A person who drinks more water is less likely to get sick because of their improved immune system.
- And if none of these other benefits resonated with you, increased water consumption has been shown to help your body function at its very best. This will make you feel great and increase your happiness. Who doesn't want to always be in a good mood?

Review:

Proper hydration is essential for good health. Water improves the functions of all systems of your body including improved digestion, fewer headaches and a boost to your immune system. Water consumption will help to make you healthy - AND happy!

Drink More Water



Right now, more than ever before, it's important to keep your exercise routine up.

Steady progress is accomplished on a weekly basis through 2 days of Resistance (Strength) Training, and 2 days of Energy Systems (Cardio)

Resistance Training: Muscle is your body's fat burning engine. We want to be as strong as we can be, pound for pound. A strong body is built to handle the everyday demands of life. Putting load through your body strengthens your bones, ligaments and tendons. Be stronger and live longer.

Appropriate Cardio/Energy Systems Training: We all love getting a good sweat on, but there is too much of a good thing. The good news is that you don't have to do endless hours on the treadmill. By getting the right kind of cardio at the right time, you can get your heart healthy, burn fat, and keep all that hard earned lean tissue that makes you look and feel so good.

The Cr8 Fitness Training Plan focuses on practicing the fundamental human movements:

- Pushing
- Pulling
- Hinging
- Squat
- Carries
- Core

Fun Fact: We don't get slow and lose power because we get old, we get old because we let ourselves get slow and don't train for power.

We are working hard for you. As we continue to monitor the rapidly changing events, we have outlined a three-phase action plan:

Phase 1: This is what we have already done. Increased cleaning intensity between each training time. Coach Nancy will be doing all check-ins on the computer. The doors and windows will remain open as much as possible to circulate fresh air. If you have ANY symptoms, please stay home.

Phase 2: If necessary, we will provide you with a two week training should you have to self- quarantine. We strongly feel exercise is one of the best activities people can do right now. We will provide anyone who would like a two week nutrition coaching program to get your eating as healthy as it can be. We want you to support your body with proper nutrition. In the gym we ask you to use hand sanitizer as between rounds. Please don't share equipment.

Phase 3: Should things escalate, our training program can be designed to use just your body weight, as well as offer streaming video training. We'll continue to work hard to keep you healthy, you need to be committed to do the same, no matter what.

