



# Health and Immunity Guide

A 5-page  
printable  
guide to help  
you stay  
healthy.

# A GUIDE TO BOOSTING YOUR IMMUNITY

**DISCLAIMER:** We are not doctors, lawyers 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 the consumption of alcohol as this has a negative effect on your immune system.

## SUGGESTIONS TO PROTECT YOURSELF FROM VIRUSES PER 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.

# HOW TO STAY SAFE AND HEALTHY WHILE AT MY HEALTH STUDIO

Your health and wellbeing is our #1 priority, so we wanted to provide you with some tips and habits to make sure that you can stay healthy and keep up with your exercise routine. First of all, while our cleaning procedures are already thorough, we want to let you know that we have further elevated our best practices to keep our studio safe and welcoming for clients and staff. We are also offering some “virtual” class options.

Here’s how you can help us to help you. **Following is a 10-point checklist.**

1. Bring your own towel to the studio to cover any mats or equipment you’re using. If you are an MHS member taking a mat class, *MHS will gift you with a mat and blanket, if needed.* You can mark your name on these and bring them back and forth to the studio.
2. Do not come to the gym if you are sick or not feeling well.  
  
If you have just come back from a cruise or traveled to an area that is known to have a high number of Coronavirus infections, have been near anyone who is in quarantine... please... self-quarantine for the 2-week period recommended. Please **DO NOT** come to the studio. Ask about virtual class options.
3. Thoroughly wash hands (for 60 seconds with soap and hot water) or sanitize your hands as **soon as you come into to the gym.**
4. Wipe down each piece of equipment thoroughly after using or let MHS staff know you have used it so they can clean it.
5. As much as we love hugs, for the time being, let’s just stick with head nods and bows.
6. Avoid touching your face while at the studio (or anywhere out in public).
7. If you see something in need of cleaning, please let a My Health Studio staff member know. We’re human and may not catch everything.
8. Thoroughly wash hands (for 60 seconds with soap and hot water) **at the end of your workout and when you return home.**
9. Wash your workout clothes the same day because the virus can live on clothing items for a week (from what we understand from research).
- 10.

## REFERENCES AND SOURCES

For further information about the Coronavirus, please visit the following resources:

**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>American

**Chemistry Council: Coronavirus Cleaning Products**

<https://www.americanchemistry.com/Novel-CoronavirusFighting-Products-List.pdf>?

**Other Sources:**

<https://www.health.harvard.edu/diseases-andconditions/coronavirus-resource-center>

<https://www.who.int/emergencies/diseases/novel-coronavirus2019/advice-for-public>