



Nutrition & Exercise Tips to Maintain Immune Health

For Older Adults



TRY TO CONSUME:



Fruits & vegetables, which support healthy gut bacteria. COVID-19 patients are often given antibiotics that destroy gut bacteria.



Vitamin D, from exposure to sunshine and fatty fish like salmon, which supports muscle health, which in turn supports your immune health.



Zinc, which has been shown to reduce infections. Cereals, meats, shellfish and sesame seeds are all high in zinc.

Less carbohydrates. Reducing carb intake has been shown to reduce age-related inflammation.

TRY TO EXERCISE:

Start with what you can and build repetitions from there.

Avoid sitting down too long:
"Sitting is the new smoking!"

DO

- 10 leg lifts
- 10 arm lifts with weights
- 10 heel raises
- 10 sit to stands from a chair
- Climb stairs
- Aim for 10,000 steps a day!

For more research-backed insights, watch our expert-led
Webinar:
***Maintaining Immune Health in the Face of COVID-19
and Future Viruses***
at
www.afar.org/afar-webinars