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 CONSUME:

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!

Start with what you can and build repetitions from there.

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

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