

# Immune-Boosting Checklist

Arm yourself against colds and flu and stay healthy by incorporating more immune-boosting ingredients and activities into your day.



FRANCES LARGEMAN-ROTH

Check off here to stay on track!

## VITAMINS C & D

Citrus fruits, green veggies, fatty fish & eggs



## BETA-CAROTENE

Orange veggies and dark leafy greens



## ZINC

Oats, dairy, nuts & seeds, chickpeas, meat



## DRINK FLUIDS

Like water, tea, juices and bone broth



## WASH HANDS

Wash often and for at least 20 seconds



## SLEEP

Our bodies need rest. Aim for 8 hours of Zs.



## EXERCISE

Strengthen your body and boost immunity



## GET OUTSIDE

Fresh air does the body good!



## SOCIALIZE SAFELY

Being with loved ones is great for body & mind



## DE-STRESS

Stress hormones can suppress immunity



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