



# Boost Immunity and Prevent Illness

Use the power of food to  
boost your immune system.  
Now is a time, more than  
ever, to protect your body  
against illness.





Ensure you have  
enough fuel...

- Insufficient carbs = increase circulation of stress hormones = increased illness risk
- Do NOT skip breakfast, or any meals
- Eat carbohydrate rich foods before and after training  
i.e. bread, rice, potato, pasta, cereals

# The Power of Fruit & Veg



**Antioxidants**  
(Dark bright coloured fruits and vegetables are rich in these such as blueberries, kiwi, carrot, strawberries, peppers, tomatoes)



**'Protect' foods**  
(These foods will help you fight off illness)



**7-a-day**  
(Eat 3 portions of fruit a day and 4 portions of veg – a portion is a handful)



# Immunity Boosting Smoothies

A tall glass filled with a vibrant red smoothie, topped with fresh raspberries and blueberries. A pile of these berries is scattered at the base of the glass.

## Berry Blast

- 1 handful strawberries
- 1 handful blueberries
- ¼ Tsp Ginger
- 1 carrot
- ½ Tsp turmeric
- 6 Almonds
- 200ml water

A tall glass filled with a bright green smoothie, topped with a slice of kiwi. A fresh spinach leaf is placed next to the glass.

## Green Power

- 1 handful Spinach
- 1 handful green grapes
- 1 celery stick
- 1 kiwi
- ¼ cucumber
- ¼ pineapple
- 200ml water

A glass filled with an orange smoothie, garnished with a slice of orange and a red straw. A blue overlay box is positioned over the glass.

## Orange Defence

- 1 large orange
- 1 apple
- Squeeze of lemon
- 1 handful mango
- 1 carrot
- 200ml water

# Vitamin D



- **Sun** + small amounts in oily fish and eggs
- 30-40% deficient in winter months in the UK
- Boost immune system – twice as likely to get the common cold if deficient
- If you are not taking vitamin D supplements, begin asap. Purchase from Healthspan Elite (Vitamin D 4,000IU tablets) and take one tablet twice a week



# Probiotics



- Increase immunity
- Drink one Yakult daily
- Or take a probiotic supplement from Healthspan Elite (Pro20 Biotic) – Take one capsule daily

# Omega 3s



- Increase immunity
- Eat 3 portions oily fish per week or take a fish oil supplement from Healthspan Elite (High Strength Omega 3) – take one capsule per day

# Personal Hygiene & Sleep

- **DO NOT** share water bottles or glasses with anyone else
- **Wash hands regularly and always carry a hand sanitiser with you**
- **Get a minimum of 8hrs sleep – lack of sleep significantly lowers your immunity**







**AVOID ALCOHOL**

This significantly reduced your immune system, making you more susceptible to getting ill

# Top 5 Immunity Boosting Tips

Smash 7  
fruits &  
veggies daily



Get  
probiotics on  
board daily



3 portions  
oily fish  
weekly



Fuel well



Wash hands  
regularly &  
sleep 8hrs





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