

HEALTH from HOME: IMMUNITY

FITNESS

As we practice social distancing to keep ourselves and our families protected, we must also protect ourselves by strengthening our immunity. Many factors affect our immune response, staying active is one way to keep it strong.

While you can workout at home and outdoors, movement rest of the day is equally important. The NEAT principle (non-exercise activity thermogenesis) tells us that seemingly trivial movements such as cooking, cleaning, gardening, fidgeting, even pacing while on the phone, can have tremendous effects on our metabolic rates.

Finding small ways to move around throughout the entire day coupled with daily workouts can help boost immunity by reducing sedentary time, having a positive impact on our mental health and ultimately reducing incidence of illness.

NUTRITION

Convenience foods may be a cheap and easy pick, but they can decrease your immune response and resistance to harmful bacteria and viruses. If you frequently eat processed, refined grains and ultra-processed packaged foods, it can disrupt immunity efforts, ultimately sabotaging your health over time. While some foods are harmful, others support the immune system. Eating a variety of nutrient-dense foods can boost immunity.

Inventory your kitchen. Do you stock colorful produce, in-tact grains, and a variety of plant-based proteins? Our nutrition resources help increase your immune defenses with items to include in your pantry. Watch our brief video “Boost Immunity with Food” for specific foods and tips to nourish your well-being. Your diet serves as a building block to support your immune system and well-being.

WELL-BEING

Sleep deprivation is linked to suppressed immune function. Research shows individuals sleeping fewer than five hours per night were more likely to have suffered a recent cold. Practicing sleep hygiene is key to quality sleep.

Avoiding substances. Drinking alcohol close to bedtime can disrupt sleep later in the night when it is metabolized.

Disruptive Foods. Fried foods, spicy dishes, citrus fruits, and carbonated drinks can trigger indigestion that can disrupt sleep.

Natural light. With less travel, you may be getting less exposure to sunlight during the day, which combined with darkness at night, helps to maintain a healthy sleep-wake cycle.

Regular Routine. Help your body recognize bedtime by taking a warm shower or bath, reading a book, or doing light stretches.

Learn more about the role of sleep in immunity by visiting our Broad Scope, Narrow Focus Blog.



HEALTH from HOME: **RESOURCES**

The *Optimal You* Team is here for YOU

Your daily habits can support, or challenge, your immune system. Ensure you're doing all you can to build up your defenses against harmful bacteria and viruses. Visit fitnessamway.com/health-from-home for tips on improving fitness, sleep and nutrition, all in the name of immunity. Did you know what you eat can support your white blood cells? Or that daily activity BEYOND a 30-minute dedicated workout can impact your immune response? Be sure to visit the resources section for link to helpful and interesting information.

Boost Behavioral Health

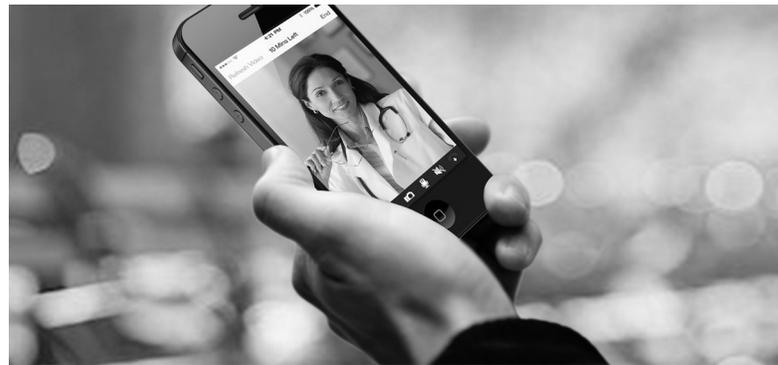
Supporting family members, while trying to manage your own responsibilities and stress, can feel overwhelming.

Let Encompass work for you.

Reach out to Encompass, Amway's Employee Assistance Program, and let them research and find resources to support your specific needs, whether it's child care, elder care, food delivery services, etc. They are also there to provide 24/7 counseling to support your emotional health.

Encompass is available 24/7 at no cost to Amway employees and others living in their household.

Call 800-788-6830 or visit their website at www.encompass.us.com.
Company code: amwalt.



Virtual Healthcare Visits

To protect others in your community, consider virtual visits before scheduling face-to-face appointments for non-life threatening symptoms.

Telehealth opportunities include:

- Blue Cross' 24-Hour Nurse Line
- Online Access to Your Primary Care Doctor
- Blue Cross Online Visits

Visit the Intranet FAQ or scan QR code for telehealth scheduling details:

