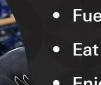
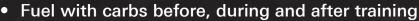
TIPS TO STAY HEALTHY

## SUPPORTING YOUR IMMU SYSTEM





- Eat adequate amounts of protein throughout the day
- Enjoy 2 servings of fermented foods daily e.g. kombucha, kefir, kimchi
- Consume 7+ servings of fruit and veg daily
- Add red and purple foods to your plate e.g. berries, blackcurrants
- Stay hydrated drink plenty of water







Optimise other modes of recovery after training (e.g. sleep, rest, meditation)



Reduce time in crowded places (e.g. public transport, concerts, dining hall) and wear a mask



Wash your hands and use hand sanitiser regularly



Prioritise sleep and optimise sleep hygiene



Contact a NZ registered Nutritionist/Dietitian to check if your nutrition plan is best supporting your immunity



Have your third party batch tested vitamin C and zinc supplements at home for when you start to feel unwell



