

## TIPS TO STAY HEALTHY

# SUPPORTING YOUR IMMUNE SYSTEM



- Fuel with carbs before, during and after training
- 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



## IMMUNITY CAN BE SUPPORTED BY:



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



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