

NUTRITION & COVID-19

It is important to eat nutritious meals and maintain a healthy lifestyle to help support your immune system in order to protect against viruses such as COVID-19.

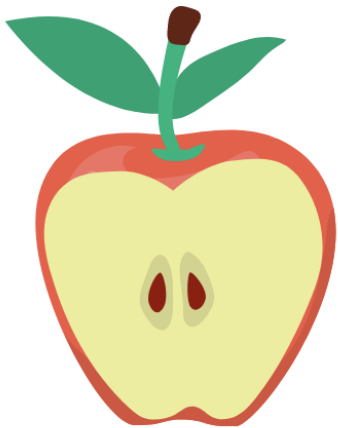
MAINTAIN A HEALTHY LIFESTYLE

Stay active– Physical activity promotes good blood circulation. Aim for 30 minutes of walking per day.

Sleep–turn off the distractions and focus on getting adequate sleep. Adjust your schedule to allow for at least 7 hours of sleep per night.



SUPPORT YOUR HEALTH THROUGH GOOD NUTRITION



Enjoy healthful food choices– select nutritious food options, such as fruits, vegetables, lean meats, dairy, healthy fats and whole grains. Eating a variety of these foods will help you to get the needed vitamins and minerals your body needs to fight off sickness.

Hydrate–Drink plenty of water and limit sugar-sweetened beverages.

Contact us today to schedule a nutrition appointment.

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