

Health & Wellness Guide

**Tips and Tools to help you
help you stay strong and
healthy**



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THE BEST WAY TO WASH YOUR HANDS

1. Wet your hands with water.



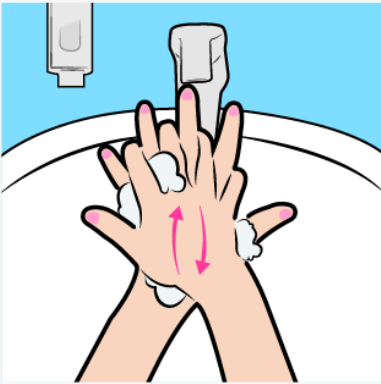
2. Grab enough soap to cover all surfaces of your hands.



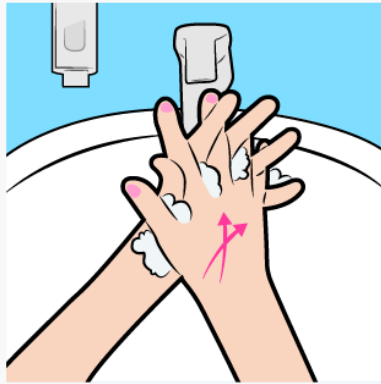
3. Rub your hands palm-to-palm.



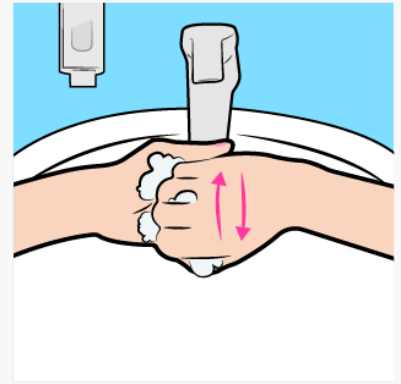
4. Rub your right palm over the back of your left hand, interlacing fingers, and vice versa.



5. Rub your hands palm-to-palm with interlaced fingers.



6. Rub the backs of your fingers against the opposite palm so that your hands are interlocked.



7. Rub your left thumb in your right palm, and vice versa.



8. Rub your right-hand finger tips against your left palm, and vice versa.



9. Rinse, dry, and you're done!



Eat foods that are rich in nutrients!

Unsurprisingly, the same foods that will help you lose weight, feel healthy, and look great, are the ones that will help your body against toxic pathogens.

There is no single food or diet that has been shown to cure or prevent disease, but malnutrition can impair your ability to fight off illness and infection. By malnutrition, we are referring to a lack of vitamins, minerals, and micro-nutrients.

The best thing you can do to boost your immune system is to regularly consume copious amounts of produce. Fruits and vegetables contain hundreds of phytochemicals that are extremely beneficial in disease prevention.

Fruits and vegetables are an excellent source of carotenoids that boost the activity of the white blood cells called lymphocytes. If you can't find fresh produce, opt for frozen, and even canned. In any case, make dark leafy greens a priority.



Eat Food With Zinc

Zinc is a mineral with anti-viral properties. A laboratory study demonstrated its ability to inhibit the replication of viruses in cells.

Furthermore, zinc can ameliorate symptoms and shorten the duration of respiratory tract infections including the common cold.

The recommended daily intake of zinc is 11mg for men, and 8mg for women (12mg if pregnant).



TOP 10 ZINC FOODS

DrAxe.com
FOOD IS MEDICINE



1

GRASS-FED BEEF
4.9 mg (33% DV)
4 OZ

KEFIR OR
YOGURT
2.2 mg (15% DV)
1 CUP

2



3

LAMB
4.6 mg (30% DV)
4 OZ

CHICKPEAS
(GARBANZO BEANS)
6.86 mg (46% DV)
1 CUP

4



5

PUMPKIN SEEDS
2.5 mg (17% DV)
1/4 CUP

CASHEWS
1.6 mg (10% DV)
1 OZ

6



7

COCOA POWDER
0.3 mg (2% DV)
1 TBSP

CHICKEN
2.25 mg (15% DV)
3 OZ

8



9

MUSHROOMS
1.4 mg (9% DV)
4 OZ

SPINACH
1.4 mg (9% DV)
1 CUP

10



What about supplements?

Supplements are being promoted like crazy by marketers hoping to make a quick buck from panicked consumers. When people are afraid, they can easily be convinced that supplements prevent or treat disease.

When it comes to flu-like diseases, there is no proof that supplements actually work.

That being said, some supplements may have a limited benefit:

- Vitamin C
- Zinc lozenges (see below)
- Vitamin D
- Elderberry extract
- Garlic supplements



Vitamin C protects the immune system and helps to fight off infections. Vitamin C is most bioavailable when consumed from whole foods such as citrus fruits, bell peppers, kiwi, etc.

Zinc lozenges can reduce the severity and duration of colds caused by viruses. This means that even if you have contracted a virus, there can be a mitigating effect on the respiratory disease that develops in the upper airway.

Vitamin D supplements can reduce the risk of a respiratory infection from flu-like viruses in people who start out deficient. If you are low on vitamin D levels despite eating foods with vitamin D, consider supplementing.

Physical activity is now more important than ever!

Regular exercise, even mild, has been shown to boost the immune system. You don't need to do much more than take a 30-minute walk. A study conducted on elderly people who regularly exercised found that they had immune systems comparable to people decades younger than them. We have provided multiple workouts on the following pages that you can do in the comfort of your own home!



DO THIS WORKOUT
every morning
wake up. get moving.

10 jumping jacks
10 squats
10 calf raises
10 side reaches
10 lunges
10 jumping jacks
10 squats

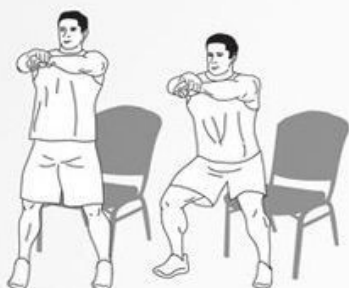
FITFLUENTIAL
FITNESS FOUND.

the Office



DAREBEE WORKOUT @ darebee.com

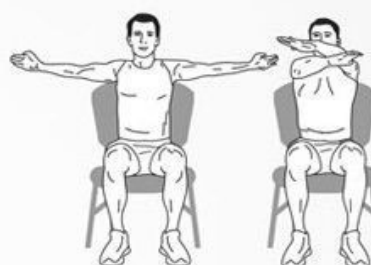
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



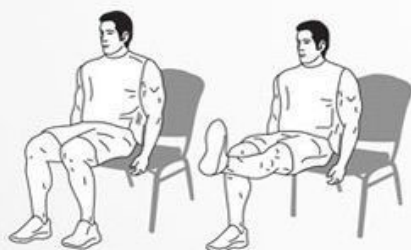
20 chair squats



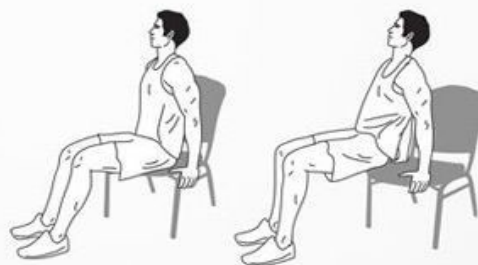
20 chest squeezes



40 criss-cross arms



40 leg extensions



10 chair body lifts



10 knee pull-ins



20 oblique bends

abs of steel

NEILA REY WORKOUT

neilarey.com



1



10 sit-ups



2



12 flutter kicks



3



8 leg raises



4



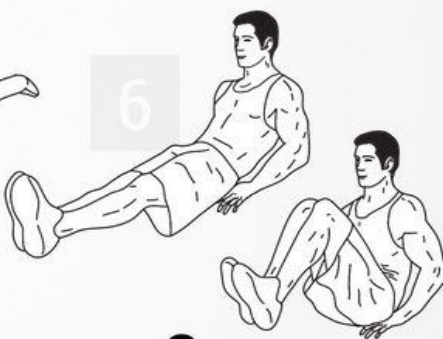
10 cycling crunches



5

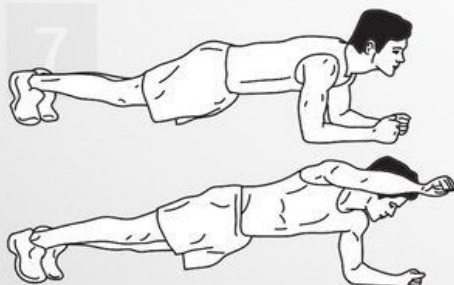


10 knee crunches



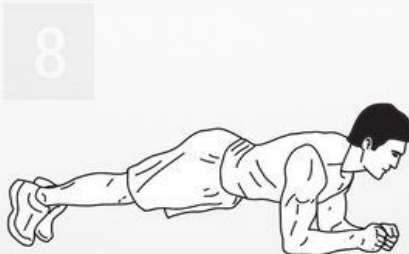
6

8 leg pull-ins



7

10 e/plank arm reaches



8

30sec elbow plank



9



10 body saw

level I 4 sets **level II** 6 sets **level III** 8 sets **rest between sets** up to 3 minutes

2-minute WORKOUT

DAREBEE © darebee.com

20 seconds each exercise | no rest between exercises



jumping jacks



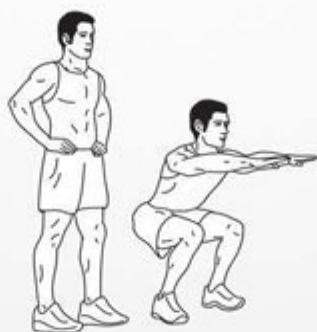
jump squats



high knees



side-to-side lunges



squats



climbers

wake up & **connect**

DAREBEE
YOGA WORKOUT
© darebee.com



20sec chest to thighs



40sec sundial sensation



40sec deep lunge



40sec deep lunge with twist



40sec triangle pose



20sec yogi squat



20sec forearm plank



20sec upward dog



40sec pigeon pose

Local Parks and Greenways to get Outside!

Catawba Creek Greenway

The 1.8 mile long Catawba Creek Greenway section of the Carolina Thread Trail begins east at Robinwood Road just north of the Catawba Creek Bridge and runs west along Catawba Creek with lovely views of the creek and a large grassy area for picnicking. The trail is paved with asphalt for its entire length, is ADA compliant, and has many types of flora and fauna including flowering deciduous trees, vines and wildflowers. Wildlife such as rabbits, chipmunks, squirrels and many types of birds can also be found. It runs through wooded and open creek areas between several residential areas and junctions at the Avon Creek Greenway which leads to Lineberger Park approximately 1.08 miles away. After this junction, the Catawba Creek Greenway parallels the Municipal Golf Course and terminates at Ferguson Park.

Distance from Hospital: 4.0 miles

<http://www.carolinathreadtrail.org/map/catawba-creek-river-greenway-gastonia-north-carolina/>

Goat Island Greenway

The Goat Island Greenway opened in June 2012 and is approximately 0.3 miles of paved surface trail, including a 181 foot pedestrian bridge crossing over the South Fork Catawba River onto Goat Island. A major segment of this trail runs through a heavily wooded area until you reach the park. Goat Island Park features an observation pier, two canoe/kayak landings, two picnic shelters, a natural tree house style playground, 18 hole disc golf course, ADA accessible greenway and walking trails, and an open air amphitheater located in the Town Center.

Distance from Hospital: 5.7 miles

<http://www.carolinathreadtrailmap.org/trails/trail/goat-island-greenway>

Riverside Greenway

This 1.2 mile loop of the Riverside Greenway winds along the bank of the South Fork River, land that was donated by Burlington. The trail is ADA compliant and ends at the Southern Railroad overpass where hikers can make the loop and walk back to the trailhead. Along the paved, urban trail, visitors may encounter wildlife such as wood ducks and beavers.

Distance from Hospital: 5.9 miles

<http://www.carolinathreadtrailmap.org/trails/trail/riverside-greenway>

Catawba River Greenway

This paved surface trail is perfect for a quick walk or ride through the park with the family. It features informational plaques on local plants and animals placed alongside the trail and is in close proximity to picnic shelters and restrooms. This trail segment is ADA compliant, and connects with a longer segment of the Catawba River Greenway (approximately 1 mile).

Distance from hospital: 9.5 miles

<http://www.carolinathreadtrailmap.org/trails/trail/catawba-river-greenway>

Local Parks and Green Ways to get Outside!

Irwin Creek Greenway

This trail network is made up of paved, crushed gravel, and sidewalk connections running through uptown Charlotte. The Irwin Creek Greenway runs along Irwin and Stewart Creeks from Ray's Splash Planet, through Frazier Park and the Wesley Heights neighborhood (site of some major renewal and redevelopment of an older neighborhood with Dilworth-like style), then on to the Phillip O. Berry Recreation Center, Bruns Avenue Elementary School, and Seversville Park. The trail is relatively flat with a few minor hills. From the parking lot at the end of South Bruns Avenue, take a left onto the trail on the paved section past the playground and picnic areas. Continue straight rather than turning right when coming to the fork in the trail. Make sure to stay on the gravel section rather than turning onto the paved section at this fork in the trail. This will assure that one stays on the designated Carolina Thread Trail. The length of this section of the Stewart Creek Greenway runs from State street to underneath a bridge which goes just past I-77. Users will see a sign which directs toward Ray's Splash Planet, Irwin Creek Greenway, and Stewart Creek Greenway when the trail changes from crushed gravel to paved asphalt. This is the end of the segment which is designated as the Carolina Thread Trail.

Distance from Hospital: 19.1 miles

<http://www.carolinathreadtrailmap.org/trails/trail/irwin-creek-and-stewart-creek-greenways>

Crowders Mountain State Park

The park's 5,054 acres include 1,625-foot Crowders Mountain and 1,705-foot Kings Pinnacle. A 9-acre lake, canoe rentals June-Labor Day, more than 15 miles of hiking and nature trails, picnic facilities and primitive pack-in camp. Visiting is free, however canoeing and camping require a fee.

Distance from Hospital: 13.7 miles

<http://www.visitnc.com/listing/crowders-mountain-state-park>

McAlpine Creek Community Park

This 462 acre park features a fishing pier, gazebo, horseshoes, 3 acre lake, picnicking, 5 soccer fields, 2-mile bike trail, 1.5-mile nature trail, 5K championship cross country course (McAlpine Creek Greenway connects to James Boyce Park) and Park and Recreation's first off-leash dog park, Ray's Fetching Meadows, is open.

Distance from Hospital: 28.2 miles

<http://www.visitnc.com/listing/mcalpine-creek-community-park>

Catawba Lands Conservancy

The South Fork Catawba River is south and west of the Catawba River and merges with the Catawba at Lake Wylie near the South Carolina boarder. The river offers miles of natural landscapes, with great fishing and paddling opportunities. Catawba Lands Conservancy opened a canoe and kayak access point on the South Fork Catawba River in May 2009 called the Spencer Mountain River Access. The trip down to the R.Y. McAden River Access take out point is approximately 2 hours, 5.5 miles.

Distance from Hospital: 4.8 miles

<http://www.carolinathreadtrail.org/local-connections/gaston-county-nc/>

Shelf Stable Grocery List



Onions

Potatoes

Frozen vegetables

Frozen fruit

Chicken and beef

Tuna

Canned beans

Eggs

Gatorade

Oatmeal



Pasta

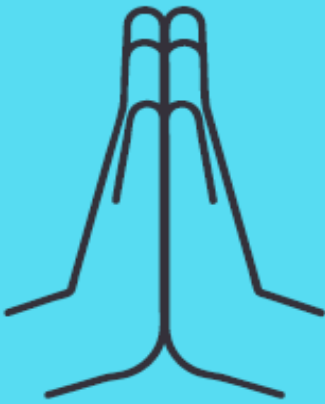


Brown rice

Jerky

Coping With Stress in Four Steps

EMBRACING A CONTROVERSIAL ELEMENT OF THE HUMAN EXPERIENCE



1.) RE-DEFINE STRESS

Stress is an inevitable part of life that takes on many forms. It can be physical, mental, social, emotional, financial, etc. View stress as an opportunity for growth. By taking on this thought process, it opens the mind to new and creative approaches to solving the problems that ignite the stress.

2.) ACKNOWLEDGE YOUR EMOTIONS

Validating your emotions is an effective tool in processing them and growing. By listening to your emotions, you will be able to discover and give yourself what is needed in that moment. Try meditation to help hear those emotions clearly.



3.) PRACTICE RESILIENCE

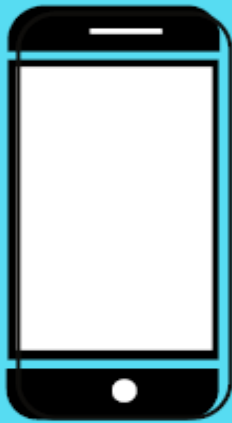
Resilience is the ability to withstand, bounce back, and grow in the face of stressors and changing demands. Put resilience into practice by:

1. End reliving traumatic events via expressive writing.
2. Facing fears through micro exposers to the fear over time.
3. Embrace forgiveness of self and others.



4.) TAKE CARE OF YOUR PHYSICAL SELF

Participate in activities that add value to your life. Some of which include regular physical activity, adequate sleep, eating whole foods, drinking water, staying connected to social support and more!



STILL NEED MORE INFO?

**DO REMEMBER TO
CONTACT YOUR
EMPLOYER'S EAP PROGRAM**

SOURCES:

American Heart Association CEO Roundtable Resilience in the Workplace:
An Evidence Review and Implications for Practice
greatergood.berkeley.edu/article/item/five_science_backed_strategies_to_build_resilience
Mindshift App
Shine App

STRESS MANAGEMENT IN YOUR LIFE



FREE Recipe Apps



The official home of all things **Tasty**, the world's largest food network. Search, watch, and cook every single **Tasty** recipe and video ever - all in one place!



Free recipe **app** for home cooks. Create a meal plan, grocery list and more from your favorite recipes. Organize your recipe collection and take it anywhere.



Yummly is your smart cooking sidekick, offering personalized guidance every step of the way. From recipe recommendations just for you, to handy tools and helpful videos, Yummly has everything you need to improve life in the kitchen.

FREE Workout Apps



8fit helps you become healthier and happier by putting fitness and nutrition experts in your pocket. Get customized workout and meal plans to help you reach your wellness goals.



If you're a beginner to yoga, Daily Yoga App provides various guided classes to help you learn the basics before diving into more advanced classes and flows, and if you're advanced—there are plenty of the world-class teachers you want to follow with.



Nike Training Club is your Ultimate Personal Trainer. Get fit with free workouts from strength and endurance to mobility and yoga — featuring world-class Nike Master Trainers in every exercise & drill. Workout anytime, anywhere, and track all your activity in the app. From bodyweight exercises to full-equipment exercises, discover personalized workout recommendations, just for you.

THE BEST APPS FOR MINDFULNESS ON APPLE/ANDRIOD

SHINE



Calm Anxiety and Stress

Notable Features:

- Make yourself a priority with daily check-ins and meditations
- Join self-care programs
- Get support from a thriving digital community and more!

MINDSHIFT

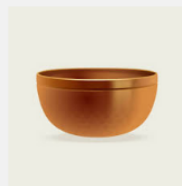


Free Evidence-Based Mental Health Relief

Notable Features:

- Cognitive Behavioral Therapy Tools
- Quick relief tools
- Thought Journal
- Coping Cards and more!

INSIGHT TIMER

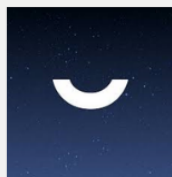


"The largest free library of guided meditations on earth."

Notable Features:

- Discover meditations by category
- Educational Courses
- Programs for adults and kids

PZIZZ



"Sleep at the push of a button!"

Notable Features:

- Dynamic dreamscapes
- Customizable listening time
- Personalized music and stories
- Great for those with insomnia!

Sources:

1. Carr, et al - Vitamin C and Immune Function. - Nutrients, 2013
2. Thomas, et al - Vitamin C and immunity: an assessment of the evidence. - Clin Exp Immunol. 1978
3. Sharma, et al - Vitamin C in Disease Prevention and Cure: An Overview - Indian J Clin Biochem., 2013
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5. Aranow - Vitamin D and the immune system. - J Investig Med. 2011
6. Wintergerst, et al - Immune-Enhancing Role of Vitamin C and Zinc and Effect on Clinical Conditions - Annals of Nutrition and Metabolism, 2006
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9. Tsai , et al - Antiviral properties of garlic: in vitro effects on influenza B, herpes simplex and coxsackie viruses - Planta Med 1985
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