

YOUR O2X GO BAG FOR COVID-19

TOOLS TO HELP YOU STAY HEALTHY WHILE BATTLING AN INVISIBLE ENEMY

EAT TO MAINTAIN IMMUNITY:

Fill your diet with fruits, vegetables, whole grains, and clean protein.

- 1) Select minimally processed foods (fewer ingredients) with protein and fiber.
- 2) A quick, easy, balanced meal option is chicken, brown rice, and beans.
- 3) Stock up on frozen vegetables and fruits. They are just as nutritious as fresh counterparts and you don't have to worry about them going bad.

Focus on staying hydrated and limit soda intake.

- 1) Staying hydrated helps reduce the risk of compromising your immunity.
- 2) Water is the best way to stay hydrated. If you need flavor, go for clear juices.
- 3) Sugar is absorbed by cells the same way as Vitamin C, and competes with your Vitamin C receptors. Because of that, soda and high sugar diets can decrease your immunity. Soda is full of sugar and not the nutrients you need to stay healthy.

Prepare foods at home and avoid family-style meals (for now).

- 1) When you share serving spoons, you increase the risk of cross-contamination.
- 2) If group meals are a must, cook foods thoroughly and wash hands frequently.
- 3) It is not yet clear if coronavirus can be spread by an infected person through food they handled or prepared. If they have not washed their hands, you will be exposed to the virus. Wash your hands and make sure everyone else does too.

Multivitamins and probiotics.

- 1) If you suspect that you may not be (or will not be) getting all the nutrients you need through your diet, consider taking a multivitamin.
- 2) You do not need to order expensive, immune-boosting powders with supraphysiological values of Vitamin C (e.g. 6-8 times the daily amount). They can cause GI distress and diarrhea (cue the real reason for more TP!).
- 3) Take a probiotic and increase your consumption of immune-boosting foods such as yogurt, ginger, turmeric and garlic.

QUARANTINE GROCERY LIST:

Pantry:

- Brown rice
- Beans (of any kind, try them all)
- Peanut Butter
- Potatoes (fresh and they can last for weeks)
- Carrots
- Canned tomatoes (these are fantastic for adding flavor to soups, rice, and pasta)
- Grains (quinoa, farro, wheatberries)
- Rice cakes and crackers (find the ones with higher protein and fiber)
- Canned vegetables
- Spices
- Snacks (popcorn and dried fruits are better than chips and candy)
- Trail mix and nuts

Freezer:

- Chicken
- Chicken/turkey sausage
- Bread
- Vegetables
- Fruit

SWEAT FOR HEART & LUNG HEALTH:

Continue to exercise regularly, but be aware of your energy level.

- 1) Exercise boosts the immune system.
- 2) Aim for 30-60 minutes per day, but consider postponing max efforts or physical testing that may reduce immunity during high alert periods.

You don't need a gym or your regular equipment to stay on track.

- 1) Exercising outdoors will expose you to sunshine (Vitamin D synthesis) and fresh air, both components that will help to keep pathogen exposure lower.
- 2) If you don't have access to your normal gym equipment, don't worry. Bodyweight exercises build core strength and will induce a training effect.
- 3) Get on the O2X Portal and follow O2X on social media for daily workouts.

Be sure to PREPARE and RECOVER daily.

- 1) Make a warm up part of your daily equipment check.
- 2) Add mobility and stability exercises into your routine so you are fresh and response-ready.
- 3) Prioritize your recovery daily.

KEY WAYS TO MITIGATE RISK:

Cook foods thoroughly & wash hands frequently.

Limit family-style meal sharing for now.

Stay hydrated. Limit intake of sugary drinks or soda and focus on drinking water.

Increase consumption of immune-boosting foods like yogurt, ginger, and garlic.

Exercise boosts your immune system. Keep moving.

Add mobility and stability exercises to your routine.

Prioritize your recovery every day.

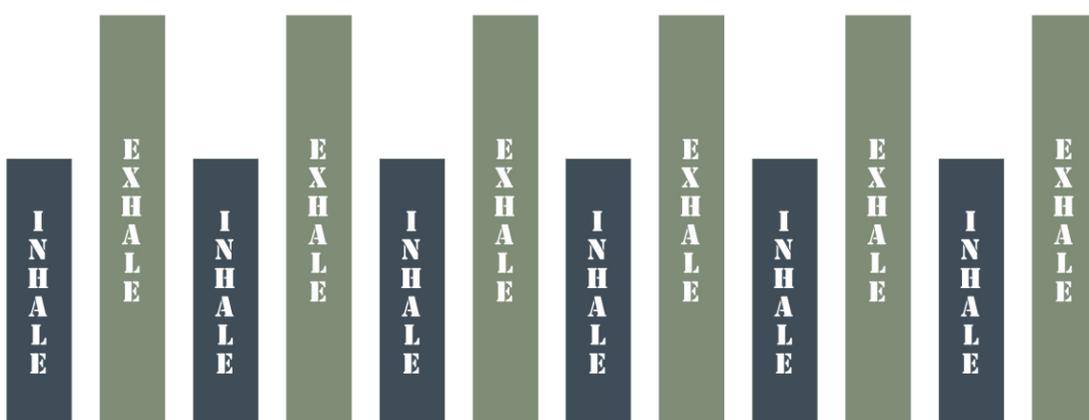
Be mindful of your risk of exposure and interactions with others.

Get quality sleep on your off days.

Practice stress reduction like low and slow breathing.

THRIVE TO BUILD RESILIENCE:

Complete this cycle 5 times and you'll have done 5 minutes of breathing to de-stress and reset. Inhale for a count of 5 and exhale for a count of 7 to practice your low and slow breathing, and take a tactical pause.



Be mindful and practice self-awareness.

- 1) Be mindful of your risk of exposure, your interactions with the public, patients, co-workers, and your family.
- 2) Recognize how things are impacting you mentally, physically, and emotionally. Do what you can to control your stress level.

Take time for yourself so you can recharge.

- 1) Get quality sleep on your off days, and take strategic naps when you can - 30 minutes of shut eye can help you re-energize.
- 2) Practice your stress reduction techniques to help you down regulate. Take a walk, meditate, breathe. All you need is 5 minutes and reduced stress will enhance your ability to fight illness.