

Daily Defense

It's cold and flu season. No one wants to get sick, so the question becomes: how do we equip our immune systems so they have the best chance of working well?

Your best defense consists of diet, sleep, exercise and stress management. This month, we're playing Daily Defense Bingo to develop healthy habits that will equip our immune systems to fight back.

How to Participate

On the back of this card, you'll find a Daily Defense bingo card. The goal is to fill in one square every day, completing all columns by the end of the week. For example, if you eat sweet potatoes on Monday, you can fill that in under Beta Carotene. If you go for a walk on Tuesday, jot that in your "Free" square. Keep going until you've completed every square for that week. (Okay, so it doesn't really spell 'bingo' but the idea is similar!)

You'll see that food choices are a large part of the puzzle, but you can also earn "free squares" for things like exercising, sleep, meditation, and so forth.

Turn your card in to Human Resources by **March 31** to be entered into a prize drawing.

Additional Hints for Immune Health

DO

- **Take Vitamin D.** For most people, the best way to get enough vitamin D is taking a supplement because it is hard to get enough through food. Although some foods are fortified with vitamin D, few foods contain it naturally.
- **Consider a multivitamin** if you don't eat a variety of foods naturally. Look for one that contains the Recommended Daily Allowance amounts and that bears the United States Pharmacopeia (USP) seal of approval on the label. Remember that vitamin supplements should not be considered a substitute for a good diet because no supplements contain all the benefits of healthful foods.
- **Wash hands** throughout the day: when coming in from outdoors, before and after preparing and eating food, after using the toilet, after coughing or blowing your nose.
- **Get enough sleep.** Try to keep a sleep schedule, waking up and going to bed around the same time each day.
- **Get moderate exercise** multiple times per week.

DON'T

- **Take megadoses** (many times the Recommended Daily Allowance) of vitamins or supplements. This can potentially interfere with the absorption of other nutrients or medications, or can even become toxic if too much is taken for a long period.
- **Eat a lot of sugar and/or red meat.** These can result in inflammation of the gut, which suppresses immunity.



Provided in collaboration with the North Ottawa Wellness Foundation.
For more wellness resources, visit northottawawellnessfoundation.org



Daily Defense

	Beta Carotene	Vitamin C	Zinc	Probiotic	Protein	Vitamin D	Free
Week 1	-----	-----	-----	-----	-----	-----	-----
Week 2	-----	-----	-----	-----	-----	-----	-----
Week 3	-----	-----	-----	-----	-----	-----	-----
Week 4	-----	-----	-----	-----	-----	-----	-----

Fill in one square per day, using the following choices:

- **Beta Carotene:** plant foods such as sweet potatoes, spinach, carrots, mango, broccoli and tomatoes.
- **Vitamin C:** rich foods: citrus fruits, berries, melons, tomatoes, bell peppers and broccoli.
- **Vitamin D:** fatty fish, eggs, milk or 100% juices fortified with vitamin D.
- **Zinc:** beef, seafood, wheat germ, legumes, nuts and tofu.
- **Probiotics:** cultured dairy products such as yogurt with live cultures, or other fermented foods such as kimchi, kefir or sauerkraut.
- **Protein:** milk, yogurt, eggs, beef, chicken, seafood, nuts, seeds, beans and lentils.
- **Free:** 30 minutes of exercise, 7 hours of sleep, 15 minutes of meditation, or 4 hand washes.

Name: -----

Date Submitted: ____/____/____



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