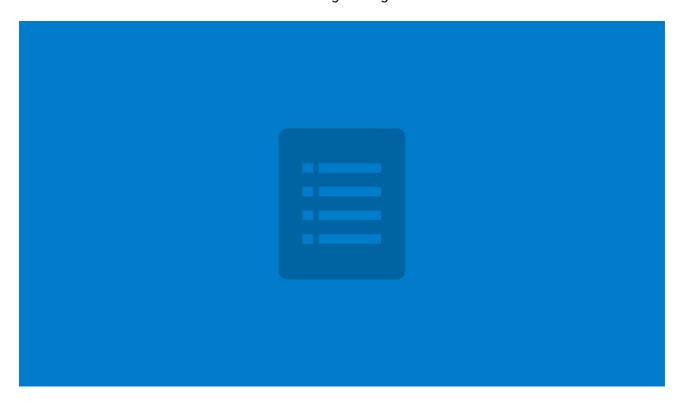
## **How To Avoid Getting Sick This Year!**

A Practical Guide to Powering Through the Cold & Flu Season



## While what constitutes as enough sleep varies from person to person, most studies show that overage adul-

**GET 7-8 HOURS OF SLEEP** 

**EXERCISE REGULARLY** 

germs.

While what constitutes as enough sleep varies from person to person, most studies show that overage adult needs at least 7 hours of sleep per night.
WASH YOUR HANDS (A LOT!)
Washing your hands at least seven times a day can greatly cut the risk of catching the cold or flu.
DON'T TOUCH YOUR FACE!
Even if you wash your hand a lot, you're still bound to touch contaminated surfaces throughout the day.
USE OIL OF OREGANO & ESSENTIAL OILS
Although the science is still out an whether or not oil of oregano and other essential oils actually prevent illness.

Vigorous exercise is scientifically proven to boost your immune system while creating an inhospitable environment for

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