EXERCISE ADVICE

- Not a regular exerciser? No intense activities like running.
- Just a beginner? Start slowly – only 5-10 minutes a day to begin.
- Intermediate? Exercise 3 to 4 days a week with a rest day in between.
- Exercise outside anytime possible!

STOP SMOKING

Need a reason to quit tobacco? Smoking cigarettes doubles your chance to die or have serious outcomes from COVID-19!

Quit for your health. Quit for the health of those around you. And remember – you don’t have to quit alone!

Talk to your doctor, text a friend, or call the number below for free help today.

1-800-QUIT NOW
MENTAL WELL-BEING

In times of physical isolation, we do not need to move away from our social support. Stay present and find creative ways to stay in touch. Accept the pandemic reality and turn challenges into opportunities!

Today, feelings of despair and sadness may be more frequent and harder to manage. Mindfulness is our ability to bring awareness to the moment. Meditation, yoga, prayer are ways that connect our mind, body and soul. They improve how we cope and preserve our mental well-being.

RESOURCES

UAB Student Counseling Services
uab.edu/students/counseling

UAB Student Health & Wellness Center
uab.edu/students/health

UAB Employee Assistance and Counseling Center (EACC)
uab.edu/humanresources/home/eacc

UAB Community Counseling Clinic
uab.edu/education/counselingclinic

UAB Recreation - FREE Classes
uab.edu/students/universityrecreation

BOOST NUTRITION

The foods you eat can boost your immune system and lower your chances of getting sick. The healthiest diets are heavy on fruits, vegetables and whole grains. These foods are high in vitamins and minerals that help fight infection.

NUTRITION HACKS

• Add vegetables to pizza.
• Add fruit and nuts to cereal and yogurt.
• Breakfast burrito with diced vegetables.
• Eat sweet potatoes more often.

NUTRIENTS

Vitamin C – In fruits and vegetables like oranges, strawberries, tomatoes, potatoes, broccoli, and sweet peppers.

Vitamin D – In fish and eggs but mostly in fortified foods such as cereals, milk, tofu, and fortified juice.

Vitamin B6 – In many animal meats and in fish, chickpeas, and fortified cereals.

Vitamin A – In orange and yellow fruits and vegetables and in most dark green leafy vegetables.

Zinc – In animal meats, oysters, soy products, lentils, seeds, and oats.

For more Covid 19 nutrition information, visit https://www.uab.edu/shp/nutritiontrends/nutrition-now