

Immunity League November Health Yourself Challenge

November 3- 23

We are entering cold and flu season and it's time to build your immunity superpowers!

When your immune system is most invincible, it's a super dynamic, powerful system- active and engaged to respond to threats but not overly responsive and attacking your own body. Your immune system protects you best when you recharge it and stay flexible to find balance in your life.



Use this month's challenge to learn what works for your body and play with building your immune defense in the following areas:

Fuel up & fuel well with good nutrition

Recharge with breaks in your day and adequate sleep

Strengthen your shield by using good hand hygiene

Train for success- get your heart rate up 30 minutes a day

Use your anti-kryptonite and do things that build joy into your life

Boost mode with your own immune wild card that you know works to keep you healthy



Aim to unlock at least 3 of the 6 immunity superpowers each day between November 3 and November 23 to earn 15 Health Yourself points. Return completed logs by December 1 to qualify for points and prizes.

Immunity League November Challenge

Take a minute to brainstorm how to hone each of your immunity superpowers below.

Fuel Well: your body builds a strong defense when you consume a variety of plants and support your gut microbiome. Try eating a rainbow of fruits and veggies, and fermented foods each day and also cutting back on refined carbohydrates and sugary beverages.



Recharge: adequate sleep is one of the best things you can do to regulate your immune response. Aim for 7-8 hours of sleep a night as well as periodic breaks of rest throughout your day to help untangle from stress which can run down your immune superpowers.

Strengthen your shield by washing your hands for at least 20 seconds throughout the day, avoiding touching your face, and wiping down high-touch surfaces.



Train for success- move your body and get your heart rate up for at least 30 minutes a day. Try physical activity you enjoy and incorporate strength training exercises.

Use your anti-kryptonite and do things that build joy into your life. Why? Our mental wellbeing is connected to our microbiome, which is a superstar in immune function.



Boost mode: use your own immune wild card that you already know works to keep you healthy- like getting outside in nature, your go-to supplement, or your family's special homemade elixir.

How are you already building a strong immune defense?

What do you know drains your personal immune superpowers?

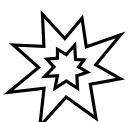
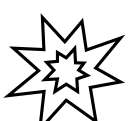
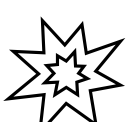
What else would you like to try to build up your Immunity League?

Immunity League November Challenge

Name : _____

The beauty of your Immunity League is that some teammates can take a backseat while the others step up! Aim to unlock at least 3 of the 6 immunity superpowers each day to keep your defenses strong. Mark the ones you think you smashed each day.

Week 1: November 3- 9

	Fuel Well: Nutrition	Recharge: Sleep and rest	Strengthen your Shield: Hand Hygiene	Train for Success: 30 minutes of Movement	Anti- kryptonite: Joy	Boost mode: Wild card
Monday 11/3						
Tuesday 11/4						
Wednesday 11/5						
Thursday 11/6						
Friday 11/7						
Saturday 11/8						
Sunday 11/9						

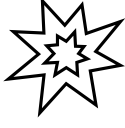
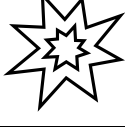
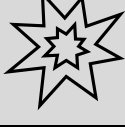
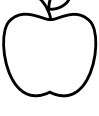
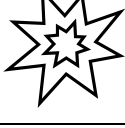
Number of days you got at least 3 immunity superpowers checked off: _____

Immunity League November Challenge

Name : _____

Aim to unlock at least 3 of the 6 immunity superpowers each day to keep your defenses strong.
Mark the ones you think you crushed each day.

Week 2: November 10- 16

	Fuel Well: Nutrition	Recharge: Sleep and rest	Strengthen your Shield: Hand Hygiene	Train for Success: Movement	Anti- kryptonite: Joy	Boost mode: Wild card
Monday 11/10						
Tuesday 11/11						
Wednesday 11/12						
Thursday 11/13						
Friday 11/14						
Saturday 11/15						
Sunday 11/16						

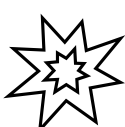
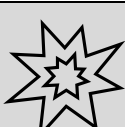
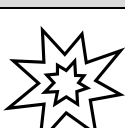
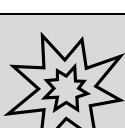
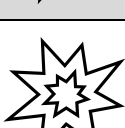
Number of days you got at least 3 immunity superpowers checked off: _____

Immunity League November Challenge

Name : _____

Aim to unlock at least 3 of the 6 immunity superpowers each day to keep your defenses strong.
Mark the ones you think you rocked each day.

Week 3: November 17- 23

	Fuel Well: Nutrition	Recharge: Sleep and rest	Strengthen your Shield: Hand Hygiene	Train for Success: Movement	Anti- kryptonite: Joy	Boost mode: Wild card
Monday 11/17						
Tuesday 11/18						
Wednesday 11/19						
Thursday 11/20						
Friday 11/21						
Saturday 11/22						
Sunday 11/23						

Number of days you got at least 3 immunity superpowers checked off: _____