

# TAKE CARE OF YOU

Our bodies help us “do life.” They carry us through our biggest setbacks, brightest achievements, most stressful situations, and those moments, like now, where the world around us is turned upside down. And at this time of social distancing and high-anxiety, our bodies can be our strongest ally.

Point being: Our bodies are pretty amazing at helping us, especially when we're doing what we can to help them operate at full capacity.



When you're helping your body stay healthy, it can help you:



## 1 Fight off disease and other illnesses more easily<sup>1</sup>

You can keep your immune system strong by getting enough sleep as well as eating fruits and veggies (along with the fun stuff, like pizza and tacos, of course).



## 2 Stay in a good headspace

Being physically active and practicing deep breathing on a consistent basis will boost your mood and help you stay calm, cool, and collected.<sup>2</sup> (And for the record, we already think you're pretty cool!)



## 3 Be more productive on the job

Your worth is tied to so much more than your work. But getting to work with a clear mind and bangin' out tasks left and right feels pretty darn good, too.<sup>3</sup>



## 4 Manage stress better

The mind-body connection? It's not just theory anymore, which means feeling better physically can help you feel better mentally, too. And if there's ever a time to manage stress effectively, now is the time.<sup>4</sup>



## 5 Decrease your chance of getting injured

Maintaining a healthy BMI will reduce your risk of sprains, strains, and twists. (Because the “twist and shout” will ALWAYS be better than twisting your ankle.)<sup>5</sup>

Our bodies know how to be bodies. But they need our help in order to function at peak performance. Participating in Naturally Slim® will help you take care of your body so you can do what you do best: Live life

Log in to [www.naturallyslim.com/login](https://www.naturallyslim.com/login) from your smartphone or computer to watch this week's lessons.

Not a Naturally Slim participant? Visit our blog at [www.naturallyslim.com/the-skinny](https://www.naturallyslim.com/the-skinny) for more tips and resources.

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1 <https://www.healthypeople.gov/2020/topics-objectives/topic/nutrition-and-weight-status>

2 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4556425/>

3 <https://www.wsj.com/articles/healthy-workers-are-more-productive-study-finds-1502219651>

4 <https://nasdonline.org/213/d000011/preventing-stress-through-a-healthy-lifestyle.html>

5 <https://www.sciencedirect.com/science/article/pii/S002243751630055X>