

# Build YOUR ARMOR

A 9-week program on strengthening your immune system to better protect yourself during the coronavirus pandemic and flu season.



## it includes:

- Access to weekly webinars with BHS hosts and other community speakers
- Supportive emails with responsible resources
- Free fitness and yoga classes from our community (Radiance, Tasha Yoga, and more)
- 30-Day Immune System Challenge

## PLEASE REGISTER HERE:

### Weekly Webinars:

(Webinars are live every Wednesday from 12-1pm)

[https://us02web.zoom.us/webinar/register/WN\\_KVZj4S9gRSGPg9xsiFwfbw](https://us02web.zoom.us/webinar/register/WN_KVZj4S9gRSGPg9xsiFwfbw)

### Weekly Fitness Classes:

(Webinars are live every Tuesday from 12-1pm)

[https://us02web.zoom.us/webinar/register/WN\\_ilOupfa6SeGTTM1v4AtVBA](https://us02web.zoom.us/webinar/register/WN_ilOupfa6SeGTTM1v4AtVBA)

By completing the challenge, you will not only reap all the amazing benefits of taking care of your immunity, as a bonus you will be entered into a drawing for some amazing wellness prizes! *See page 3 for wellness prizes.*

Please complete **75%** of the entire challenge (includes the weekly webinars, fitness classes, and 30 Day Challenge) to be eligible for the wellness prizes.

Please email or fax your 30 Day Challenge to Beth Piantoni, [epiantoni@bhs1.org](mailto:epiantoni@bhs1.org), Fax: (413) 395-7653, by **November 9th. Please register for the webinars and fitness classes to receive credit.** *See page 3 at the bottom for details if you can't make the scheduled sessions*

Questions? Please contact Wellness Coordinator, Beth Piantoni, [epiantoni@bhs1.org](mailto:epiantoni@bhs1.org) or call 413-445-9327.

## PROGRAM menu

Week 1 | Keynote

Sept. 9, 2020

An introduction from James Lederer, MD, BHS Chief Medical Officer & Mark Pettus, MD, Director Population Health & Community Care

Week 2 | Food As Medicine: *What's Hot in Nutrition Science & Health?*

Sept. 16, 2020

Week 3 | Tips on Building Exercise into Your Routine

Sept. 23, 2020

Week 4 | Spirituality: *Finding Blessings, Even Now*

Sept. 30, 2020

Week 5 | The Power of Sleep

Oct. 7, 2020

Week 6 | The Healing Power of Nature

Oct. 14, 2020

Week 7 | Staying Positive during Uncertain Times

Oct. 21, 2020

Week 8 | Hygiene Habits for a Happy Immune System

Oct. 28, 2020

Week 9 | Cultivating Your Resilience

Nov. 4, 2020

Webinars will be LIVE every Wednesday from 12-1pm

*Find these webinars recorded after each event on our*

BHS Wellness YouTube Channel at

[https://www.youtube.com/channel/](https://www.youtube.com/channel/UCoJB1aSumvFu4RE_bFNtoKQ)

[UCoJB1aSumvFu4RE\\_bFNtoKQ](https://www.youtube.com/channel/UCoJB1aSumvFu4RE_bFNtoKQ)

# 30 DAY

## *Build your Armor Challenge*

.....

Draw an X on all the days you have completed the challenge. Complete 75% of the challenge and you will be entered into a raffle drawing for a wellness prize. Submit your form by Email [epiantoni@bhs1.org](mailto:epiantoni@bhs1.org) or fax by November 9th, 2020

Go for a 30 minute walk

Turn off electronics 45 minutes before you go to sleep

Try a fermented food or drink

Consume 2 foods today that are rich in Vitamin C

Floss your teeth before bed

Drink 8 glasses of water

Listen to your favorite song while working out

Incorporate a healthy fats in 2 of your meals today

Try a new workout routine

Try a 5 minute meditation

Go for a walk or a hike with a friend or family member

Incorporate 3-4 vegetables into your meals

Avoid any added sugar today

Enjoy 10-15 minutes outside in the sun

Read a chapter of a book before bed

Aim for 10,000 steps today

Make a smoothie or incorporate fruit and veggies into your breakfast

Wash your hands for a full minute

Avoid social media for the entire day

Incorporate 30 minutes of stretching or Yoga

Avoid touching your face today

Incorporate a strength training or body weight workout

Call someone you love today

Take 5 long deep breaths

Aim for 60 minutes of exercise today

Appreciate 3 things about your life right now

Avoid eating after 6pm tonight

Do something fun today

Spend time with someone that makes you laugh today

Incorporate a healthy snack 2 hours before dinner

Name \_\_\_\_\_ Email: \_\_\_\_\_

# Wellness Prizes

## 1st Prize

\$200 IN VISA GIFT CARDS

## 2nd Prize



\$100 GIFT CARD  
PRICE CHOPPER  
MARKET 32

## 3rd Prize

IMMUNITY GIFT BASKET  
(\$100 VALUE)

## 4th Prize

\$100 GIFT CARD  
DICKS SPORTING GOODS

If you cannot attend all of the webinars and fitness classes due to your schedule and would like to participate in the entire challenge to qualify for prizes, please contact Wellness Coordinator, Beth Piantoni, [epiantoni@bhs1.org](mailto:epiantoni@bhs1.org). We will be recording all webinars and fitness classes on our BHS YouTube Channel. We will send you a questionnaire form for the sessions you attended to complete at the end of the program.