



**Pinehurst Medical Clinic's
Wellness Department
Encourages Healthy Lifestyle Habits
during COVID-19:**

Pinehurst Medical Clinic's Wellness Department Encourages Healthy Lifestyle Habits during COVID-19:

Eat balanced meals and healthy snacks to help reinforce your body's natural defenses.

Take inventory of what food you have and make a grocery list to shorten your time spent in the stores.

**Remember to include colorful fruits and vegetables every day for special immune boosting plant nutrients. To help make your supplies last, include dried or frozen fruit and "no added salt" canned or frozen vegetables. Consider yogurt for a quick and easy high quality protein with natural probiotics to help boost your immunity.*

Focus on getting a good night's sleep.

Hydrate healthfully and avoid dehydration.

Practice good hand hygiene to reduce the spread of germs. Visit PMC Coronavirus Resource Center for additional information about hand hygiene: <https://www.pinehurstmedical.com/hand-hygiene/>

Remember to wash produce with cool tap water before eating or using in recipes.

Clean glasses, forks, spoons and other utensils to reduce the spread and growth of bacteria.

Keep up with your usual activities during the day.

**Physical activity also is a great way to help manage stress and may help reduce the risk of some chronic diseases that could weaken your immune system further.*

Find healthy and appropriate ways to cope with stress, such as meditation, listening to music or writing.

Pinehurst Medical Clinic Counselors can help you with stress relieving strategies, plans for healthy eating, and other wellness related healthcare needs. Our counselors are available for in-office visits and video visits. Contact PMC's Wellness Team today to schedule an appointment at 910.235.3347.