



STAYING HEALTHY AND STRONG AT Magna Exteriors Nymburk!

Many people face the challenges of the cold and flu season. Maintaining good health and avoiding sickness become top priorities during these times.

At Magna Exteriors in Nymburk, Czechia, proactive measures are taken throughout the year to promote the well-being of the employees both at work and in their daily lives.

FIGHTING ILLNESS:

Supporting the immune system

One of the key strategies used by Magna Exteriors Nymburk is providing employees with resources to support their immune systems – the group of cells and organs that defend the body against infection.

Employees have access to a free flu shot clinic each year.

This helps protect them during the flu season and reduces the chances of extended absences from work.

Boosting immunity with essential nutrients

To further support the immune system, Magna Nymburk offers vitamin C, vitamin D, and zinc supplements to employees. These supplements play a vital role in supporting the body's defenses against colds and other seasonal illnesses.

HYDRATION AND NUTRITION:

Staying healthy in the summer

Proper nutrition and hydration are both very important for immune health. Summer months bring higher temperatures, posing challenges to maintaining hydration and proper nutrient levels.

Employees have access to cold drinks with electrolytes.

Magna Nymburk ensures employees have access to cold drinks with electrolytes which helps to ensure proper hydration and replenish nutrients. Their cafeteria also offers a range of healthy options to fuel employees during their workday. They offer a nutritious breakfast and a “fit menu” for those who prefer health-conscious food choices. Additionally, employees with gluten intolerances have the option of a gluten-free menu, ensuring everyone's dietary needs are met.

FRESH AND LOCAL:

On-site farmer's market

Beyond the workplace, Magna Exteriors Nymburk encourages healthy eating habits through their on-site seasonal farmer's market. Local farmers are invited to sell fresh produce directly to employees, making it easier to access nutritious

foods and promote a healthy lifestyle. Fresh produce is full of vitamins and minerals which support the immune system and overall health.

Comfort and support for employee well-being

The well-being of employees extends to their comfort and support at work. Magna Exteriors Nymburk arranges for a foot doctor and an eye doctor to visit on-site and offer proper footwear fittings and glasses to employees who require them. This makes these services more easily accessible to the employees.

By implementing these health-promoting initiatives, Magna Exteriors Nymburk fosters the development of healthy habits amongst their employees. Their focus on maintaining strong immune systems supports overall health, allowing employees to thrive both personally and professionally.

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Introduction to THE IMMUNE SYSTEM

The human body has many important systems that play critical roles in keeping us healthy. The immune system is one of them. It is made up of various organs, white blood cells, proteins, and chemicals that work hard to protect us from getting sick and to heal damage in our bodies.

Your immune system is activated when it detects an invader. “Invader” refers to any foreign substances that enter the body and activate the immune system. Types of invaders include germs, pathogens, viruses, bacteria, fungi, parasites, and toxic chemicals.

Your immune system is made up of two lines of defense that work together to fight sickness:

1. INNATE IMMUNE SYSTEM

The first line of defense is the **innate immune system** which protects the body from any invaders it encounters. The innate immune response prevents some infections, but its effectiveness is limited since the response is more generalized and not specific.



2. ADAPTIVE IMMUNE SYSTEM

The second line of defense is your **adaptive immune system** which remembers and attacks specific invaders that your body has seen before. Your adaptive immunity involves two types of white blood cells:

- **B-cells** produce antibodies that fight known viruses and bacteria by marking them for destruction by other immune cells.
- **T-cells** come in different forms and interact with infected or abnormal cells to directly kill them or to stimulate the B-cell immune response.

If it is your body's first time facing an invader, the adaptive immune response occurs slowly. If your body has seen the invader before, the adaptive immune response is typically quicker and more effective.

Some physical symptoms you experience when you are sick show that your immune system is working hard. These are typically helpful in getting rid of invaders.

FOR EXAMPLE:

- Coughing and sneezing help us expel invaders from the body and prevent severe illness.
- Inflammation near a wound is a sign that your body is directing blood flow and immune cells to help heal the body and prevent infection.
- Moderate fevers cause our body to reach a higher temperature where invaders become damaged.

However, when symptoms become severe, they can be harmful to your health and should be addressed with your doctor promptly.

PROTECT YOURSELF!

You can limit the transfer of invaders with good hygiene like hand washing, coughing or sneezing into your elbow, wearing a mask or face shield, and/or avoiding close contact with other people if you think you might be sick. Finally, some respiratory conditions have vaccines available to prevent spread and/or severe symptoms (i.e., flu, COVID-19). Getting vaccinated causes your B-cells to create antibodies for a specific invader, like the COVID-19 virus, without being infected first. Then, when your body encounters the real invader, it can fight it off more effectively. Keep your vaccines up to date to protect yourself and your loved ones.

DID YOU know?

Keeping your hands clean is one of the most important steps you can take to avoid becoming sick.



Washing your hands with soap and water is preferred compared to using alcohol-based hand sanitizers. This is because correct handwashing removes all types of grime, germs, and chemicals from your hands, while hand sanitizer requires dirt and grime to be removed from the hands before use. The effectiveness of a hand sanitizer will also depend on its alcohol content (over 70% alcohol is preferred).



To wash your hands properly, scrub them with soap for at least 20 seconds, then wash away suds with warm water. If you do not have a timer with you, hum the “Happy Birthday” song from beginning to end twice. Be sure to wash your hands frequently throughout the day, especially after coughing or sneezing, using the restroom, preparing food, and before eating.



How to Support IMMUNE HEALTH

There are many lifestyle choices you can make to support the healthy functioning of your immune system. It is important to prioritize immune health function through exercise, sleep, stress management, and eating healthy food.



REGULAR EXERCISE

Exercise has been shown to temporarily boost our immune health by increasing the circulation of immune cells that fight infection. Regular exercise helps the body fight against illness. Taking a walk every day is a great start to getting the immune boosting effects of physical activity!



ADEQUATE SLEEP

When we sleep, different parts of our immune system work together to scan the body for harmful bacteria and viruses. Immune cells are also more active during sleep and work to recognize and fight off infections quicker. As a result, those who regularly get little sleep may be more prone to illness. A few tips to improve your sleep include limiting screen time (cell phone and TV) before bed, creating a calming bedtime routine, and sleeping in a cool dark room, whenever possible.



STRESS MANAGEMENT

When we feel stressed, our body prioritizes managing the negative effects of stress. Prolonged stress can weaken the immune system response. This is because our body's chemical reactions are diverted towards handling stress instead of focusing on our other essential bodily functions. Try practicing healthy stress management techniques to keep your immune system focused on what it needs. Some examples include deep breathing exercises, speaking with family or friends for support, and getting daily physical activity. Another option is to seek out the resources available to you from the Employee and Family Assistance Program (EFAP). Speak to your HR team about how to access EFAP.



HEALTHY EATING

You may have heard that you should eat foods like vegetables and citrus fruit, that are rich in vitamin C, to prevent sickness during the flu season. However, the best practice is to eat a balance of fruits, vegetables, lean meats, and whole grains to ensure you get enough of all vitamins and minerals. A diverse, plant-rich diet will provide additional nutrients like vitamin D, zinc, selenium, and iron that also help boost your immune health.

MENTAL HEALTH CORNER:

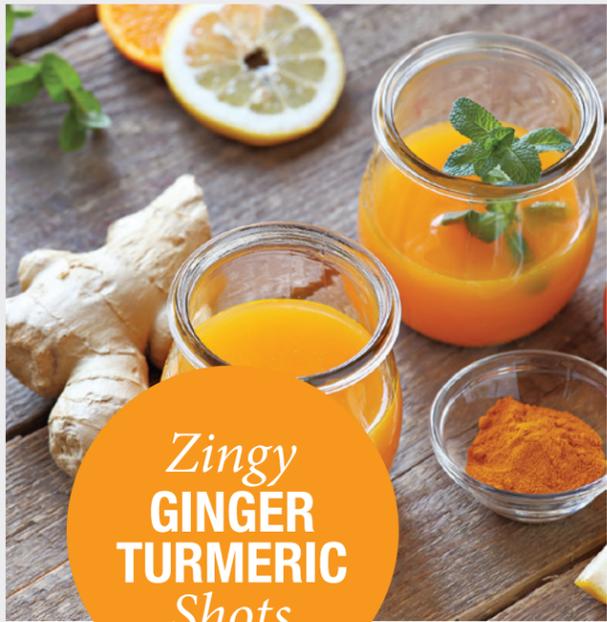
Motivation and Habit Building

Motivation is the desire to fulfill your needs or reach your goals. Motivation helps us change old habits, cope with challenges, and provides us with goals to work towards.

As previously mentioned, exercise, sleep, stress management, and a healthy diet help support our immune system. However, making the necessary changes to improve our health and lifestyle can be challenging; therefore, it is important to find ways to stay motivated.

Here are five strategies you can use to increase your motivation:

- 1 Set a goal**  Choose a habit and set one specific, achievable goal to help you build that habit.
- 2 Create a routine**  Create a daily routine by breaking up your goal into smaller tasks, then set reminders and deadlines for each task.
- 3 Track your progress**  Seeing progress helps improve your self-esteem and encourages you to keep going. Having a journal where you write down your goals and tasks is a great way to do this.
- 4 Recognize your success**  With every task or goal accomplished, give yourself a small reward.
- 5 Build a support system**  Surround yourself with supportive friends and family who understand your goals. Having a strong support system can help increase motivation.



Zingy GINGER TURMERIC Shots

Turmeric, ginger, and lemon are all ingredients that are packed with antioxidants to help boost your immune health. Try this recipe to give yourself a healthy energy boost in the morning!

INGREDIENTS

85 g	Fresh ginger
85 g	Fresh turmeric
1	Medium lemon
PINCH	Ground black pepper

INSTRUCTIONS

1. Thoroughly wash the ginger and turmeric (peel the ginger, if needed, depending on the juicer or blender being used).
2. Juice or blend the turmeric and ginger.
3. Cut lemon in half. Juice the lemon (or peel the skin and put the lemon through the juicer or blender).
4. Add the black pepper and mix everything together.
5. Store in airtight glass containers and keep refrigerated for up to 7 days.
6. When consuming, pour serving (50mL) into a glass and enjoy.

NUTRITIONAL FACTS

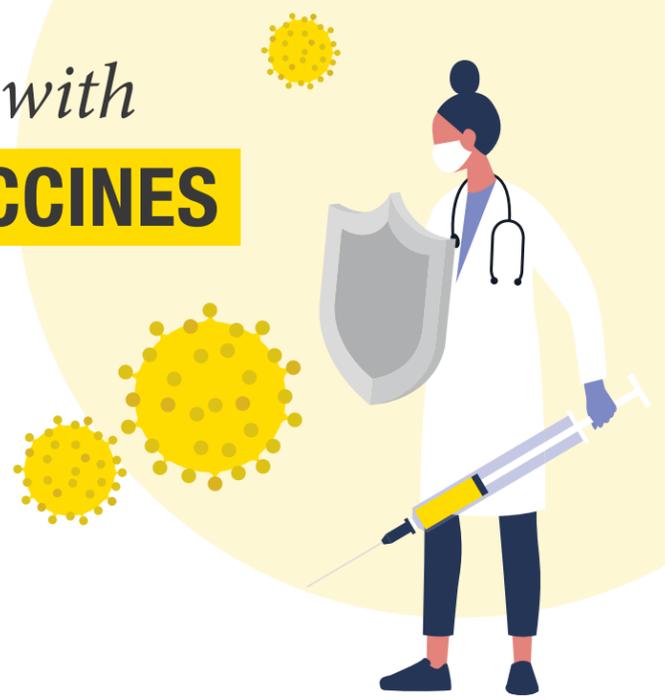
per 50mL serving

17 calories	1 g sugar
1 g carbohydrates	8 mg vitamin C
0.01 g fat	22 mg potassium
0.1 g fiber	1 mg calcium
0.1 g protein	0.02 mg iron
7 mg sodium	

Staying Healthy with

SEASONAL VACCINES

Vaccines cause antibodies to be produced in the blood. The flu shot is a type of vaccine that protects from different strains of influenza (flu) viruses, most common during the fall and winter seasons. COVID-19 and Respiratory Syncytial Virus (RSV) vaccines help our bodies develop immunity to these specific viruses without us having to get the illness. These vaccines are administered with a needle in your upper arm.



Why should you consider getting seasonal vaccines? Here are some important reasons:

1 STAY WELL

Getting seasonal vaccines lowers your chances of complications from related illnesses.



2 PROTECT OTHERS

When you get vaccinated, you are less likely to spread viruses to people around you, like your family and friends.



3 EASE THE PRESSURE ON THE HEALTHCARE SYSTEM

By getting seasonal vaccines, you help reduce the strain on the healthcare system during times when respiratory illnesses are most common.



These vaccines are recommended for most people.

Discuss with your healthcare provider to determine which vaccines are suitable for you. They are typically available at your doctor's office, participating local pharmacies, and through public health clinics.

DID YOU know?

Did you know the average sneeze can travel up to 25 feet in roughly 22 seconds?

If you do not have a tissue on hand, the best way to prevent the spread of germs is to cough or sneeze into the crease of your elbow. This keeps your hands and commonly touched surfaces clean.



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WE WOULD LOVE TO HEAR FROM YOU!

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