



Prevent Low Vitamin D

CHALLENGE

Boost vitamin D for better health

Requirements to complete this HEALTH CHALLENGE™

1. Read “Boost Vitamin D.”
2. Create a plan to get adequate vitamin D.
3. Keep a record of your completed health challenge in case your organization requires documentation.



When Los Angeles beauty and fashion blogger Jamie Stone started feeling *off*, she chalked it up to a quarter-life crisis. Maybe it was the stress and hustle of building her business.

She felt like she was always in a funk. Her mood was off. She had trouble falling asleep. She’d wake up feeling exhausted and fatigued. Walking up the stairs was hard. And lower back pain was always there, wearing her down a little more every day.

She tried to figure out what was wrong by diagnosing her problem online. But that only seemed to make things worse.

“I decided I was probably dying,” says Stone. “You know, a very typical prognosis when you go down

Decoding Vitamin D

How much do you know about vitamin D? Take the quiz to find out.



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1. About 80 percent of COVID-19 patients have low vitamin D levels.
2. Salmon contains low levels of vitamin D compared to most other foods.
3. Your body stores vitamin D in your blood and can draw on reserves for months.
4. Vitamin D is sometimes called the “sunshine vitamin.”
5. Lack of vitamin D is not associated with chronic disease and other health problems.

How did you do? If you answered any of these statements incorrectly, take time to learn a little more about vitamin D. New research shows low vitamin D levels may increase the risk for COVID-19.¹ Salmon is a rich source of vitamin D, and low vitamin D levels are linked to a long list of health problems. The good news...most people can improve vitamin D levels with diet and lifestyle changes. lead to serious health problems. The good news... you can learn to manage stress in healthy ways.

Answers: 1. True. 2. True. 3. False. 4. True. 5. False.

the black hole of Googling: ‘Why am I always tired?’ and ‘Why do I feel awful all the time?’”

Fortunately, she went to see her doctor. A simple blood test gave her some hope she wasn’t dying young. Her symptoms were a result of low vitamin D levels. With help from her doctor, she made some changes to boost her vitamin D levels and start feeling better.

Ready to improve your health, feel better, and have more energy? Take the month-long health challenge to Prevent Low Vitamin D.

Time for more vitamin D
<https://tinyurl.com/yblfeqw9>