



A healthy immune system can defeat invading pathogens (bacteria, viruses) that make people sick. Covid-19 attacks a compromised/weakened immune system. A healthy person is in a better position to fight such viruses. A healthy confident employee is more productive, present and valuable asset to the company.

There are many ways we can boost our immune system: exercise often, eat healthier, sleep better, eliminate stress and know your health status.

The importance of a health screen now is so important. Based on 12,000 peoples health screens results prior to Covid-19 (Q4 of 2019 and Q1 of 2020) Health and Wellness International (HAWI) found the following statistics and results:

- Blood pressure: 40% elevated or high blood pressure (inactivity, diet, stress related and hereditary)
- Lung Function: 15% poor lung function (breathing issues, smoking and inactivity)
  - Blood sugars: 40% elevated blood sugars (poor diets, high sugar food consumed and inactivity)
  - Cholesterol: 26% elevated cholesterol (poor diets, high sugar food consumed and inactivity)
  - Body fat: 46% excess body fat (amount of fat mass compared to muscles mass on the body in relation to poor diet and inactivity)
  - Visceral Fat: 35% excess visceral fat ( the amount of fat around the internal organs, causing metabolic issue such as heart disease, diabetes and some forms of cancer)
- BMI: 53% overweight or obese (the calculation between height vs weight can be an indicator of poor lifestyle)
- Number of suicides in Ireland last year 421 (70% male, 30% female)

The results above can altered through proactive physical and mental education and training.

Do you currently know where your health markers (blood sugars, cholesterol etc.) are? Where is your mental health at? How well are you?

HAWI has developed a new “Health Passport” taking guessing out of the equation, dealing solely with facts and statistics. You now can have your health results at the tip of your fingers, and monitor your health stats anywhere, anytime. The health passport gives an individual the tools to help better manage their life.

For more info contact: [info@hawint.com](mailto:info@hawint.com) or <https://healthandwellnessinternational.com/>