

## References for Fitness and The Immune System

Why covid 19 is hitting us now - how to prepare for the next outbreak

[Why COVID-19 is hitting us now -- and how to prepare for the next outbreak | Alanna Shaikh](#)

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Chris Cuomo Op ed

[Chris Cuomo shares chest X-rays after coronavirus diagnosis](#)

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I was so alarmed to hear that when you consider the link between BMI and Covid 19 infections which was covered in an article from the Guardian

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