

# Boost Your Immune System

Give your body the extra protection it needs by focusing on nutrient rich foods and following a healthier lifestyle.



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## Eat More Fruits and Vegetables.

Nutrition plays a big role in how our immune system functions. Fruits and vegetables contain vitamins, minerals and antioxidants that decrease inflammation and may reduce risk of chronic disease.



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## Get Enough Sleep.

Your body needs sleep to repair and restore itself. It is just as important as nutrition and activity and helps the immune system fight illness better. Adults should aim for 7-8 hours, school-aged children 9-12 hours and teens 8-10 hours of sleep.



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## Be Active.

Regular activity improves our cardiovascular system, lowers blood pressure, decreases stress, and helps control our weight. You don't need a gym or fancy equipment to be active. Try walking, stretching, biking, swimming or gardening.



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## Stay Hydrated.

Drink more water and limit sugary beverages. Water helps remove waste from the body that may cause illness. It helps carry oxygen to body cells for properly functioning systems.



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## Manage Stress.

Stress is normal to experience, but too much can be harmful, putting you at higher risk for illness and disease. Help reduce stress by meditating, enjoying a hobby, or talking to a friend.



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## Stop Smoking.

Smoking damages the lungs, which may increase risk of respiratory disease. When you quit smoking, you reduce your chances of lung cancer and other respiratory illnesses.