

WAYS TO BOOST  
YOUR

# IMMUNE SYSTEM



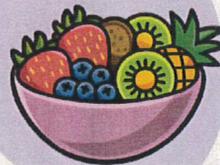
## Exercise Daily

Daily exercise enhances circulation, lowers chronic disease risk, and improves sleep. Aim for 30 minutes per day.



## Enough Sleep

Sufficient sleep supports cognitive function, emotional well-being, and immune system function. Aim for 7-9 hours per night. Avoid technology 1 hour before sleeping to help get a better nights sleep. Reading a book prior to bed can help you relax.



## Healthy Diet

Focus on fruits, vegetables, whole grain and lean proteins. Limit saturated fats, salt and added sugar.

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