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Immune Supporting Tips



The Immune System

Our immune system fights off bad bacteria and germs that cause infections. A healthy lifestyle is the first line of defense in building and maintain a strong immune system.

How to Build a Strong Immune System

Maintain a healthy weight: Daily exercise and a healthy diet will help you achieve and maintain a healthy weight.

Eat fruits, vegetables, whole grains and healthy fats: Eating a variety of fruits, vegetables, whole grains and healthy fats provides the body with vitamins, minerals, and antioxidants, like vitamin C, that are highly beneficial for our body's immune system.

Exercise regularly: Exercise is incredible for our health. It improves our cardiovascular system, lowers our blood pressure, and controls our body weight. Stay active by cleaning, walking, or using home workout videos. It helps to make a weekly workout schedule or even set goals to get motivated.

Wash your hands: Washing hands is important in stopping the spread of germs. Wash hands after using the restroom, coming home from work, the store, or public places. All it takes is 20 seconds!

Manage stress levels: Manage stress levels with stress reduction techniques such as yoga, tai chi, and meditation. Also make sure if drinking alcohol to do so in moderation.

Get adequate sleep: Sleeping is essential for our body. It helps us restore and rejuvenate so we can go about our day. Good quality sleep is important to maintain our overall health. According to the Centers for Disease Control and Prevention (CDC), adults should be getting at least seven or more hours of sleep per night.

Information from: https://www.canr.msu.edu/news/stay_well_this_winter_with_these_6_immune_boosting_tips

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