

Practicing Healthy Habits to Support Your Immune System



Take a deep breath...

Reduce your stress response by taking 4-5 deep breaths, focusing on the breath as it flows in and out. Increased stress weakens your immune functioning, so practice regular stress management strategies!

Avoid Risky Substances

Smoking and vaping take a significant toll on your respiratory health, and alcohol contributes to increased inflammation in the body - avoiding these substances can optimize your immune health!

Rest to feel best...

Restorative sleep helps the brain and body to regulate hormone levels and keeps the immune system strong! Aim for 7-9 hours of sleep per night to enhance your immune response.

Get moving!

Daily movement can help strengthen our immune system! Try to aim for 30 minutes of activity per day 5 times per week to get the benefit of reducing inflammation and supporting your immune functioning.



Eat to Beat Stress

Inflammation in the body can be a serious problem! Eating anti-inflammatory foods can help to reduce stress and promote your immune response.



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