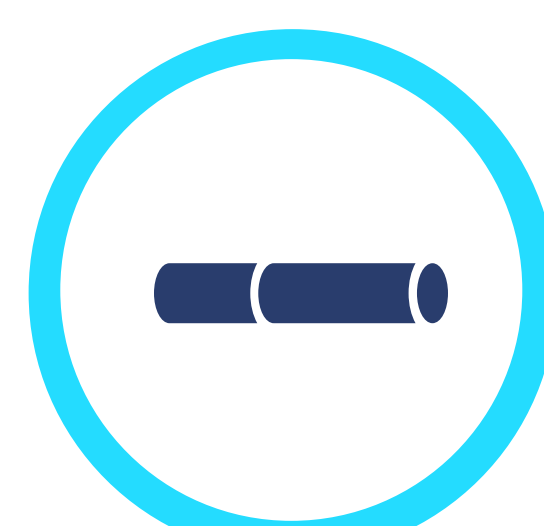


8 Ways To Boost Your Immune System



Sleep

Promote adequate and consistent sleep with healthier bedtime routines.



Tobacco

Get support to help you quit tobacco and nicotine.



Nutrition

Eat a diet high in fruits and vegetables, choosing a variety of different colors.



Alcohol

If you drink alcohol, drink only in moderation.



Exercise

Commit to moderate regular physical activity on most days of the week.



Hygiene

Wash your hands often with soap and water for at least 20 seconds.



Healthy Weight

Maintain a healthy weight by focusing on proper nutrition and regular exercise.



Stress

Utilize resources and develop skills to cope with stress effectively.

Contact your Coach for more information.