

Boost Your Immune System

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



Eat More Fruits and Vegetables.

Fruits and vegetables contain vitamins, minerals, and antioxidants that decrease inflammation and may reduce risk of chronic disease.



Get Enough Sleep.

Sleep helps repair and restore your body. Adults should aim for 7-8 hours, school-aged children 9-12 hours, and teens 8-10 hours of sleep.



Be Active.

Regular activity improves our cardiovascular system, lowers blood pressure, and decreases stress. Try walking, stretching, biking, or gardening.



Stay Hydrated.

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



Manage Stress.

Stress can be harmful, putting you at higher risk for illness. Reduce stress by meditating, enjoying a hobby, or talking to a friend.



Stop Smoking.

Smoking damages the lungs, which can lead to lung cancer and may increase the risk of respiratory disease.

Get vaccinated. Vaccines help your immune system fight infections faster and more effectively. Vaccination against diseases like the flu and COVID-19 helps prevent severe illness and hospitalization.

