



# 9 TIPS FOR A HEALTHY IMMUNE SYSTEM

Wellness Tips

The main purpose of your immune system is to protect your body from viruses and bacteria. Your immune system protects your body from harmful substances, germs and cell changes that could make you ill. Now is the perfect time to build your immune system. Without an immune system, we would have no way to fight harmful things that enter our body from the outside or harmful changes that occur inside our body. Use these tips to help boost your immunity by decreasing habits that cause overall inflammation in your body which inevitably work against protecting you.

1

## EAT NUTRITIOUS FOOD

Stop the negative talk about “bad foods.” Instead, focus on good choices that fill your body with nutrients. Choose fruits, vegetables, and whole grains that add fiber, vitamins, and minerals like magnesium which are vital for immunity. Limit fat, fried, and processed foods because they will only lead to an increase in inflammation.



2

## LOAD UP ON VITAMIN C

Vitamin C is a strong antioxidant that helps fight against harmful free radicals in your body while encouraging production of immune cells. Indulge in oranges, strawberries, tomatoes, kale and melons.



3

## GIVE YOUR LIVER A BREAK

Your liver is on the frontline of defense against harmful toxins. Show it some love by increasing your water intake, keeping alcohol to a moderate level, and loading up on your greens.



4

## GET SOME SUNSHINE

Vitamin D is a big supporter of your immune system and is necessary for the absorption of calcium. Get out and walk or work in your garden to help soak up this necessary vitamin. Include salmon, eggs, and mushrooms in your diet.



5

## MAKE PHYSICAL ACTIVITY A PRIORITY

Regular exercise helps boost immunity by preventing weight gain and increasing your mood. Aim for 30 minutes per day but keep in mind that any activity is better than no activity.





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### GO TO SLEEP

The ability to function on minimal sleep is nothing to brag about. Sleep is the time your body needs to repair itself both physically and mentally in order to keep your immune system strong. Aim for at least 7 hours per night.



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### MANAGE YOUR WORRIES

Chronic negative stress can wreak havoc on many systems in your body including your immune system. Try managing stress through exercise, meditation, or yoga.



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### QUIT SMOKING

Increased levels of toxins and carbon monoxide in smoking weaken and kill antibodies and cells responsible for protecting your body. Go to <https://smokefree.gov> or call 1-800-QUIT-NOW.



9

### STAY POSITIVE & LAUGH

Laughter decreases stress hormones causing inflammation and increases helpful endorphins. Positive thoughts also increase neuropeptides that strengthen your immune response. Try watching a new comedy show or sitcom.



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Healthier Together

Disclaimer: Please note that these tip sheets are educational and are not intended for diagnosis and/or treatment. Discuss any symptoms you have with a physician.