

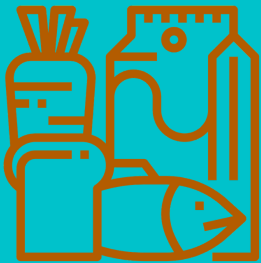
# STRENGTHEN YOUR IMMUNITY



**SLO  
FOOD  
BANK**

IDEAS FOR A HEALTHY LIFESTYLE THAT SUPPORTS YOUR NATURAL DISEASE-FIGHTING CAPABILITIES

## Nutrition



It is very important that we give our bodies the adequate fuel (nutritious food) it needs to keep all systems running. Eating a rainbow of fruits and vegetables will provide lots of healthy antioxidants. Include lean proteins for building and repairing muscles and whole grains to support a healthy gut.

Staying active keeps your heart, lungs, and muscles strong, and helps your immune system too. Low impact activities such as walking, gardening, and cleaning your house all add up! The most important part is to keep moving. For an added bonus, get outside in the sunshine for some vitamin D, a nutrient especially important for immune health.

## Activity



## Sleep



When we sleep, we give our bodies the opportunity to rest and heal itself. Sleep is extra important when we are trying to fight off an infection or inflammation. Aim for at least seven to eight hours of sleep in order to support your immune system.

Every cell in your body needs water to work properly. Being well-hydrated also improves sleep quality, digestion, and mood. Water helps you fight illness by getting rid of waste from the body. Aim for at least half your body weight in ounces every day. For example, if you weight 150 lbs then aim for 75 oz water (~9 cups) a day.

## Hydration

