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Steps for a Healthy

Immune System

Covid-19 has infected over 50 million U.S Citizens, with the numbers rising daily. Your first line of defense against viruses such as Covid-19 is your immune system. Maintaining a healthy immunity begins with choosing healthy lifestyle choices. There are several things that you could do daily to naturally keep your immune system functioning properly, keeping you as healthy as possible. Many people are seeking to boost their immune systems.

Though there is a vaccine to help lessen the effects of Covid-19, many vaccinated people are still contracting the virus. There are currently NO medications that will prevent or cure Covid-10; however, there are many steps that you can take to make your immunity defense is as strong as possible.

* **Physical Acitvity**  
  The CDC reccomends that adults get atleast 150 minutes of moderate physical activity per week
* **Balanced Diet**  
  Eating a diet with healthy fruits and vegetables provides the immune system with the necessary vitamins and minerals
* **Less Stress**

According to the American Psychological Association, stress reduces the number of lymphocytes thaat the body needs to fight off viruses (UMMS, 2020)

* **Limit Alcoholic Beverages**  
  Avoiding alochol or drinking alcohol in moderation. Alcohol damages the cells to maintain a healthy immune system
* **Practice good hygeine**

Wash your hands often, avoid contant with those who are sick, follow reccommendations of medical professionals

Natural Ways to Boost the Immune System

WEEK TWO

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