



Well-being at Home

Lifestyle Choices to Strengthen Your Immune System

The immune system is an intricate network of tissues, cells, and organs that work together to defend against infections in the body. Following healthy lifestyle choices can naturally keep your immune system strong and functioning well.

01

Eat a Diet Rich in Fruits and Vegetables

Fruits and vegetables provide nutrients like vitamin C, beta-carotene, and vitamin E that support the body's natural immune response.



02

Exercise Regularly

Exercise promotes circulation, allowing the cells and substances of the immune system to move through the body freely and improve defense activity.



03

Get Adequate Sleep

With a lack of sleep, the body makes fewer cytokines, a protein responsible for generating an immune response.



04

Destress

Constant stress can suppress the effectiveness of the immune system, lowering the number of lymphocytes, a type of white blood cell needed for defense.



05

Don't Smoke

Cigarette smoke contains many harmful chemical compounds that can interfere with the body's immune system, lessening its response.



06

Drink in Moderation

Excessive alcohol intake can interfere with essential nutrients needed in immune response and also suppress the ability of white blood cells to multiply.



Resources

https://www.cdc.gov/tobacco/data_statistics/sgr/50th-anniversary/pdfs/fs_smoking_overall_health_508.pdf
<https://www.simplypsychology.org/stress-immune.html>
<https://www.sleepfoundation.org/articles/how-sleep-affects-your-immunity>
<https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system>