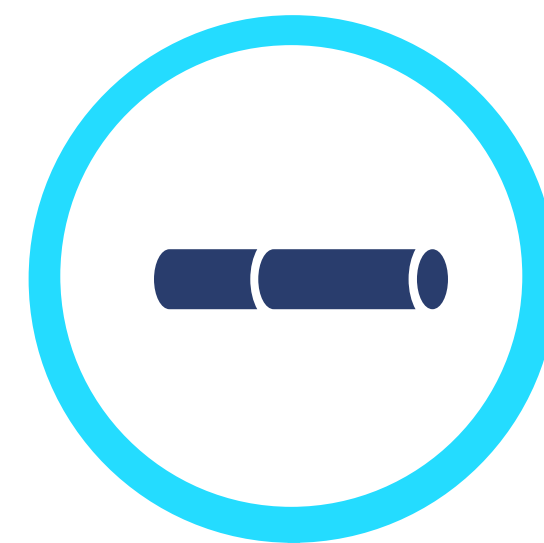


# 8 Ways To Boost Your Immune System



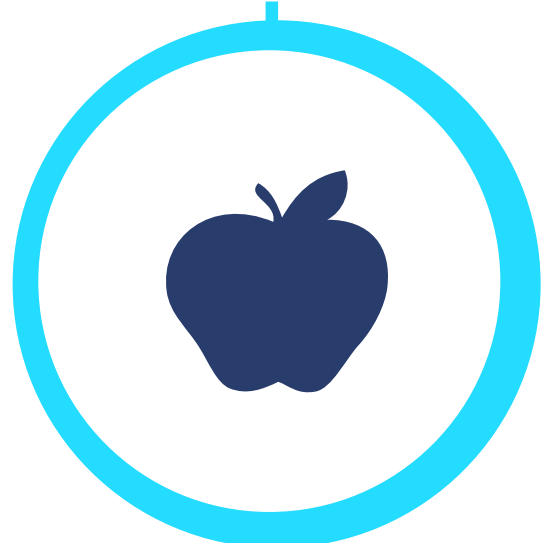
## Sleep

Promote adequate and consistent sleep with healthier bedtime routines.



## Tobacco

Get support to help you quit tobacco and nicotine.



## Nutrition

Eat a diet high in fruits and vegetables, choosing a variety of different colors.



## Alcohol

If you drink alcohol, drink only in moderation.



## Exercise

Commit to moderate regular physical activity on most days of the week.



## Hygiene

Wash your hands often with soap and water for at least 20 seconds.



## Healthy Weight

Maintain a healthy weight by focusing on proper nutrition and regular exercise.



## Stress

Utilize resources and develop skills to cope with stress effectively.

Contact your Coach for more information.