

BENEFITS OF A *Healthy Lifestyle*

A **healthy lifestyle** offers many benefits, including helping to prevent heart disease, type 2 diabetes, obesity, and other chronic diseases. Another important benefit is that healthy routines enhance your immunity.

The immune system is the body's way of protecting itself from infection and disease; it fights everything from cold and flu viruses to serious conditions such as cancer.





Find **FREE** resources for a healthy lifestyle at thewellnesscoalition.org, Topics include:

- Nutrition information
- Fitness centers
- Quitting tobacco
- Healthy corner stores
- No-cost wellness programs
- **And more!**



The Wellness Coalition

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Stay Healthy **BY BOOSTING YOUR IMMUNITY**



The Wellness Coalition

6 Tips to Boost Your Immunity

Immunity is your body's defense against foreign organisms. Taking care of yourself will help your immune system take care of you.



1 Eat Well

Eating well provides nutrients that support immunity.

Eating well means eating plenty of **fruits and vegetables, lean protein, whole grains, and fat-free or low-fat milk and dairy products.** It also means limiting saturated fats, cholesterol, salt, and added sugars.

Get free nutrition resources at thewellnesscoalition.org/nutrition

2 Get Active

Regular physical activity can help you feel better, sleep better, and reduce stress, all of which have an effect on immunity. Along with eating well, it can also help you maintain a healthy weight.

Aim for at least 30 minutes of moderate physical activity a day for immediate and long-term benefits.

3 Maintain a Healthy Weight

Obesity, defined as a body mass index (BMI) of 30 or more in adults, is linked to poor immunity. Obesity may also lower vaccine effectiveness for COVID-19, flu, hepatitis B, and tetanus.

Safe ways to maintain a healthy weight include eating healthy foods, getting good sleep, and regular physical activity.

We can help you create healthy habits to lose 5-7% of your weight — that's only 10 to 14 pounds for a person weighing 200 pounds.

Take a short quiz to see if this program is a good fit for you at bit.ly/CYL2TWC

4 Get Enough Sleep

Sleep loss can also harm your immune system and lead to a variety of issues. Both the American Academy of Sleep Medicine and the Sleep Research Society recommend that adults ages 18–60 years sleep **at least 7 hours each night** to promote health.

5 Quit Smoking

Smoking can make it harder to fight diseases like COVID-19 and flu.

Smoking increases the risk for immune system problems, including arthritis, lupus, and multiple sclerosis. Get free resources to quit tobacco at thewellnesscoalition.org/tobacco

6 Avoid Too Much Alcohol

Alcohol use can weaken the immune system and increase your risk for heart disease, high blood pressure, type 2 diabetes, and more.