

Keeping Your Immune System Strong: Actionable Steps YOU Can Take!

1. Wash Your Hands – Yes, we hear this all the time, but are we *always* complying? Washing your hands with warm soapy water is one of the best ways to remove germs and avoid getting sick.

2. Assess Your Sleep – A healthy immune system can help to fight infections when/if exposed while a sleep-deprived body and immune system struggle. A recent research article showed that those who slept less than 6 hours a night were 4.2 times more likely to catch a virus than those who slept more than seven hours per night!

3. Get Your Vitamins In! – Of course, for some this may be vitamin supplements but, this should be all of the fruits and vegetables you can manage! There are many other components to a healthy diet and food intake, however specific to foods that have a positive immune building reputation – fruits and veggies are the way to go. The micronutrients and phytochemicals only found in these foods are natural immune boosters!

4. Keep Moving – We all know and understand that regular exercise is a pillar of a healthy lifestyle. In general, similar to a healthy diet, exercise and regular movement every day does contribute to general good health therefore a healthy immune system.

5. Maintain a healthy level of Stress – Easier said than done sometimes, but we do need to recognize the difference between what is a healthy stressor in our lives and passes in time or that of toxic or chronic stress. If we are constantly experiencing toxic or chronic stress, the body's stress response may suppress the immune system.

Keep in mind that the immune system is a complex system that requires a balance of all things going on between our cells, organs, and so much more within the body. While we can take steps to improve or maintain a healthy immune system, these steps are along a path of creating a healthy lifestyle overall and will take time. There is no magic pill for our immune system that can naturally improve things overnight.

Resources:

[Micronutrients have major impact on health](#)

[What happens when your immune system gets stressed out](#)

[How sleep can boost your body's immune response](#)