



# Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance professionals at ECBM, LP



## BOOSTING YOUR IMMUNE SYSTEM

The immune system is your body's frontline of defense against infection and disease. While most of the time, your immune system does a good job of protecting you against various germs and viruses that try to attack your body; sometimes it can fail, making you sick. Boosting your immune system is a tactic that can prevent the number of times you get sick and significantly decrease the length of illness.

To start, the daily habits you practice can have an impact on your immune system functions. Lifestyle factors, such as diet, exercise and stress, can impact your overall well-being. This article offers tips to help boost your immune system.

### Eat a Well-balanced Diet

A well-rounded diet includes plenty of fruits and vegetables, lean proteins, whole grains and low-fat dairy products. Not only should you be aware of what to consume, but what to eliminate as well. Try to avoid or limit foods containing saturated fats, cholesterol, salt and added sugars. By making these conscious diet choices, you're fueling your body to be at its best to fight off any germs or viruses.

### Get Adequate Sleep

Inadequate sleep can have negative impacts on various parts of your immune system. Therefore, getting quality sleep can actually help your immune system function at its best by helping produce and release certain proteins that help fight infections, all while you sleep. Such protein production can't happen at the rate it needs if you lack sleep.

## Exercise Regularly

Regular physical activity is great for your overall health and immune system. Exercising regularly can also help you sleep better and reduce anxiety, both of which help boost your immune system. Before starting a new exercise routine, it's important to pick an activity that you enjoy doing so it's easier to develop a routine.

As always, checking with your doctor before starting a new exercise routine or for tips on accommodating exercise into your current lifestyle is important.

## Avoid Smoking and Drinking Alcohol

Smoking and drinking alcohol weakens the immune system over time. This means that if you smoke or excessively consume alcohol, your immune system is less likely to fight off harmful pathogens that enter your body, leaving you prone to illness. To boost your immune system, it can be most beneficial to quit smoking and only consume alcohol in moderation.

### **Minimize Stress**

Stress weakens your immune system's response. To start, stress affects everyone differently. If you have things that increase your stress, take note. Exposing yourself to the things that trigger your stress too often can impact your overall well-being, including your immune system. Once you know what increases your stress levels, investigate healthy coping mechanisms to help handle the stress.

### **Conclusion**

Your immune system is the primary way your body stays healthy. This means taking care of your body by managing healthy lifestyle habits, including diet, exercise, sleep and stress, is important. Once you're practicing healthy habits, you're on your way to boosting your immune system.

For additional information on boosting your immune system functions, reach out to ECBM, LP today.