

Support Your Immune System



It's important to take steps to support our overall health and well-being to help decrease our risk of getting ill. Looking after our complex immune systems by following a healthy lifestyle and keeping up-to-date on vaccinations can help.

Things you can do to support your immune system include:

- **Get enough sleep** - while sleeping, your body produces and releases cytokines – a protein that targets infections.¹
- **Exercise regularly** - physical activity prompts antibodies and white blood cells to travel throughout the body more quickly, ready to identify illnesses.^{2,3}
- **Minimize stress** - over time, increased cortisol levels can have a negative effect on several parts of the body, including the immune system.⁴
- **Keep up to date with all vaccines** - vaccines are one of the simplest, most effective things you can do to help prevent and/or reduce the severity of the illness.

Interested in learning additional tips? [Learn more here.](#)

1. How sleep affects your immunity. Sleep Foundation. <https://www.sleepfoundation.org/articles/how-sleep-affects-your-immunity>. Updated April 22, 2022.

2. University of California, How Obesity Can Rewire the Immune System and the Response to Immunotherapy – and How to Change That. <https://www.ucsf.edu/news/2022/03/422511/how-obesity-can-rewire-immune-system-and-response-immunotherapy-and-how-change>. Updated March 30, 2022.

3. Exercise and immunity. Medline Plus. <https://medlineplus.gov/ency/article/007165.htm>. Reviewed January 29, 2022.

4. Chronic stress puts your health at risk. Mayo Clinic. <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20046037>. Updated July 8, 2021.

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