

# Don't Let Your Guard Down!

## Check out these tips for boosting your immune system



A strong immune system is an integral part of our health as it helps our bodies to fight off illness and infection. As we age, our immune systems can naturally begin to weaken making our bodies less efficient when it comes to responding to infections. Protect yourself this new year by boosting your immune system with these helpful tips:

### 1. Eat a healthy diet

As you could have guessed, eating a healthy diet is one of the ways you or a loved one can boost your immune system. Eating foods rich in vitamins and antioxidants, like fruits or vegetables, aid in promoting good health. Also, reducing your intake of sugar, fat and processed foods can help to keep your immune system strong and improve your overall health.

### 2. Get active

Exercise has always been associated with a healthy lifestyle but being active does not necessarily mean participating in a vigorous exercise routine. Doing little things that add more movement to your life can do the trick! Going on a walk or performing low impact exercises can help boost your immune system.



### 3. Sleep!

Not getting enough sleep can reduce how effective your body is at preventing illness. As we age, sleep becomes more important than ever. It helps to improve your cognitive health and overall brain function which in turn strengthens your immune system. It helps to set in place a bedtime routine and aim for seven to nine hours of sleep a night!

### 4. Spend time outside

Getting some fresh air and exercise allows you or a loved one to improve circulation and lower blood pressure! It also allows your body to soak up vitamin D which is known to strengthen the immune system.

### 5. Reduce stress levels

Chronic stress is another factor that can put strain on our immune systems. Doing your best to promote relaxation by participating in enjoyable activities can help to reduce stress and keep your immune system strong.



Call 540-486-2956 or visit: [www.thevillageatorchardridge.org](http://www.thevillageatorchardridge.org)

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