



# 8 WAYS TO Get Immune STRONG

## EXERCISE

Strive for 30 minutes of moderate exercise most days of the week.



## GET ENOUGH SLEEP

Adults need 6 to 8 hours of sleep each night. Kids need more.

## DRINK MORE WATER

Keep your body hydrated with water throughout the day.



## EAT NUTRIENT-RICH FOODS

Focus on increasing fruits, vegetables, and whole grains in your diet.

## ADD DIETARY SUPPLEMENTS

Add high-quality supplements when you cannot get nutrients from food alone.



## CUT BACK ON SUGAR

Look beyond the obvious to find the hidden sugars in your diet.

## MANAGE STRESS

Most any activity that brings joy can help to reduce the harmful effects of stress.



## CONNECT WITH OTHERS

Reach out to friends and family, and find a way to stay connected.

Turn anxiety into action,  
and take control of your health.

Learn more at [GetImmuneStrong.com](http://GetImmuneStrong.com)