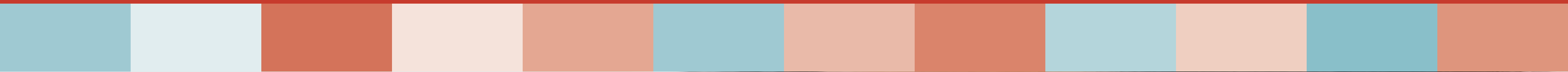


# Strengthen Your Immune System

## Healthy Habits Help You Stay Well



T H E F L U A N D Y O U

Your immune system is in a better position to fight off germs when you nourish, exercise and rest your body well.

### Eat a Well-Balanced Diet of Wholesome Foods

Grains, vegetables, fruits, low-fat dairy products and foods high in protein, including lean meats; beans, peas and lentils; fish and soy products ... these wholesome foods contain the essential vitamins and minerals your body needs most.

### Get Regular Physical Activity

Should you exercise when you are sick? Above-the-neck symptoms, such as a stuffy head or runny nose, may actually feel better with some exercise (but take your workout down to half speed, and stop if you feel worse). Below-the-neck symptoms, such as a fever, stomachache or diarrhea, warrant rest and possibly medical care.

### Put Stress in Its Place

Ongoing or long-term stress can cause harm to nearly every system in your body, including your immune system, contributing to more colds and other infections. For a quick tension tamer: Find a quiet place, breathe deeply, and focus on a thought or image that makes you feel peaceful and calm.

### Sleep Well

Set yourself up for good sleep: Within three to four hours before bedtime, you should calm your activities, avoid caffeine and other stimulants, avoid exercise, limit food and beverages, and avoid alcohol. Stick to a regular bedtime.