



FUEL YOUR IMMUNITY: SIMPLE STEPS FOR LASTING PROTECTION EVERY DAY!

Nutrition:

Eat a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats. Foods high in vitamin C (like citrus fruits), zinc (like seeds and nuts), and antioxidants (like berries and dark leafy greens) help support immune function. Stay hydrated by drinking plenty of water, which helps your body flush out toxins and maintain energy levels.

Regular Exercise:

Moderate, consistent exercise (like walking, jogging, yoga, or strength training) can boost circulation and support immune cell activity. Aim for at least 30 minutes a day, most days of the week.

Adequate Sleep:

Sleep is crucial for immune function, as it allows your body to recover and produce infection-fighting cells. Aim for 7-9 hours of quality sleep each night.

Manage Stress:

Chronic stress can weaken your immune system. Engage in stress-reducing activities such as meditation, deep breathing exercises, or hobbies that help you unwind.

Supplementation:

Consider immune-boosting supplements like vitamin D, vitamin C, elderberry, or echinacea, especially during flu season or times of stress.

Good Hygiene:

Wash your hands regularly, avoid touching your face, and keep your environment clean to prevent the spread of germs.

Social Connections:

Strong social ties and a positive mindset have been linked to better immune function. Stay connected with friends and loved ones for emotional support.

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These good habits can help you maintain a strong immune system year-round!