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WELLNESS AT HOME, WORK, & BEYOND



STAY STRONG, STAY WELL: EVERYDAY IMMUNITY HACKS

When cold and flu season arrives, many people focus on finding remedies once symptoms appear. But a strong immune system is built long before illness strikes.

Your immune system is a complex network that relies on nutrition, physical activity, sleep, stress management, and gut health. These all work together to support your body's natural defenses.

The good news? Small, consistent choices can make a big difference in helping you stay healthy year-round.

A FOUNDATION FOR IMMUNE HEALTH

Fuel Your Body Well

A balanced diet provides the nutrients your immune system needs to function properly. Focus on colorful fruits and vegetables, lean proteins, whole grains, healthy fats, and plenty of water. Foods rich in vitamins A, C, D, zinc, and antioxidants help support healthy immune function.

Prioritize Quality Sleep

Sleep is one of the most powerful recovery tools your body has. During sleep, your immune system produces important proteins and carries out repair processes that help protect against illness. Aim for consistent sleep and create a bedtime routine that helps you unwind.

Keep Moving

Regular physical activity supports circulation, reduces stress, and helps immune cells move efficiently throughout the body. You don't need intense workouts to benefit. Walking, stretching, strength training, and other forms of movement all contribute to better overall health.

Manage Daily Stress

Chronic stress can place extra strain on the immune system. Building stress-management habits such as deep breathing, mindfulness, spending time outdoors, or connecting with loved ones can help improve resilience and support long-term wellness.



DON'T FORGET YOUR GUT

Did you know that much of your immune system is located in your digestive tract? The beneficial bacteria that live in your digestive system help support immune function and overall health. You can support gut health by eating fiber-rich foods such as fruits, vegetables, beans, and whole grains, as well as including fermented foods like yogurt, kefir, kimchi, or sauerkraut when appropriate for your dietary needs.



SMALL HABITS, BIG IMPACT

Supporting your immune system doesn't require a major lifestyle overhaul. Consider these simple daily habits:

- Stay hydrated throughout the day.
- Eat balanced meals that stabilize blood sugar.
- Take movement breaks during periods of sitting.
- Prioritize recovery when feeling run down.
- Spend time outdoors and get fresh air daily.
- Wash your hands regularly and practice good hygiene.

These small actions add up over time and can help your body stay prepared to handle seasonal challenges.

Highlight of the Month

EVERYDAY IMMUNITY MINI CHALLENGE

This month, strengthen your immune-supporting habits with these four simple steps:

1. **Add one immune-supporting food** – Add an extra serving of fruits, vegetables, or other nutrient-rich foods to your meals each day.
2. **Create a sleep goal** – Choose a consistent bedtime and follow it throughout the week.
3. **Move for 10 minutes daily** – Take a walk, stretch, or participate in another activity that gets your body moving each day.
4. **Check your stress level** – Spend five minutes practicing a relaxation technique such as deep breathing, meditation, or quiet reflection.

A healthy immune system is built through consistent daily habits, not quick fixes. Apply these strategies to help your body stay strong, resilient, and ready for the season.

HEALTH COACHING



Schedule your coaching appointment today by emailing **Coach Bre** at BreanneM@solavieve.com