

Life, Health and You



Healthy Habits to Strengthen Your Immune System

Living a healthy lifestyle offers many benefits, including supporting a strong immune system. While vaccines help build immunity against specific illnesses, daily habits also play an important role.

1. Eat Well

A balanced diet that includes fruits, vegetables, whole grains, lean proteins, dairy products, and healthy fats provides nutrients that support immune health. Limit highly processed foods, excess salt, saturated fats, and added sugars. Before taking supplements, consult your healthcare provider, as too much of certain vitamins and minerals can be harmful.

2. Be Physically Active

Regular physical activity improves overall health, supports healthy weight management, reduces stress, and promotes better sleep. Following recommended activity guidelines may also help strengthen immune function and lower the risk of illness.

3. Maintain a Healthy Weight

Obesity can affect immune function and may reduce the effectiveness of some vaccines. Healthy eating, regular exercise, stress management, and adequate sleep can help support a healthy weight.

4. Get Enough Sleep

Sleep is essential for a healthy immune system. Ongoing sleep deprivation can weaken the body's ability to fight infections and may increase the risk of health problems.

5. Quit Smoking

Smoking weakens the body's natural defenses and increases the risk of several immune-related conditions. Quitting smoking can improve overall health and immune function.

6. Limit Alcohol

Excessive alcohol use can weaken the immune system over time. Limiting alcohol intake can help your body stay better protected against illness.

Your immune system works hard to protect you every day. Supporting it through healthy lifestyle habits can help improve your overall health and resilience.

Creating Healthy Habits

While change isn't always easy, making small, consistent steps can lead to lasting results.

Know Your Habits

Pay attention to habits you'd like to change and identify the situations or triggers that lead to them.

Make a Plan

Set realistic goals and focus on small actions you can take each day. Make healthy choices easier by involving friends or family when possible.

Stay on Track

Progress takes time. Track your habits, celebrate small successes, and learn from setbacks. If you slip up, keep moving forward rather than giving up.

Be Patient

Be flexible, keep trying different strategies, and remember that every step forward counts.

National Health Observances

Each month, we feature select National Health Observances (NHOs) that highlight important health & life issues affecting people every day.

[National Minority Mental Health Awareness Month](#) brings awareness to the unique struggles that racial and ethnic minority communities face regarding mental illness in the United States

[UV Awareness Month](#) encourages everyone to practice safe sun protection.

[World Brain Day is July 22nd](#) and the main objective of this day is to increase public awareness and promote advocacy related to brain health.

Mental Health Minute



Nutrition and a Positive Mental Attitude

Making sudden, radical diet changes can lead to short term weight loss. However, such radical changes are neither healthy nor a good idea and won't be successful in the long run. Permanently improving your eating habits requires a thoughtful approach in which you reflect, replace, and reinforce.

- **REFLECT** on all of your specific eating habits, both bad and good and your common triggers for unhealthy eating. Work on managing the triggers for unhealthy habits.
- **REPLACE** your unhealthy eating habits with healthier ones. Plan meals ahead of time.
- **REINFORCE** your new, healthier eating habits. Remember that it takes one day at a time to build healthy habits.

LIVE MONTHLY WEBINAR:

Understanding Your Immune System

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