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**Science Backed Ways to Boost Your Immune System**

Your immune system is your main line of defense against illness, so it only makes sense that you’d want to keep it in top shape. That’s especially true during cold and flu season and with an outbreak of [novel coronavirus (COVID-19)](https://www.prevention.com/health/a31116569/how-to-prepare-for-coronavirus/) sweeping the country.

We’ve all received the email reminding all about the importance of handwashing, but there’s more we can do to help prevent the spread and to stay as healthy as possible.

There are a few science-backed approaches you can take to boost your immune system, most of which are recommended for overall wellness:

1. **Keep your alcohol intake in check. (Sip in moderation)**
2. **Reduce stress levels. (Take time for prayer or meditate)**
3. **Eat Fruits and Vegetables. (Helps fill your body with antioxidants)**
4. **Vitamin D. (Helps your body produce antibodies)**
5. **Sleep (Aim to get 7 – 9 hours of sleep each day)**
6. **Wash hands. (Helps keeps viruses away from eyes, nose and mouth)**
7. **Exercise (Keeps pathogens out of your lungs and airways)**
8. **IF smoking (Try and quit cause when one smokes, germs have easier path to one’s lungs)**

**\*\*\***Of course, you can do everything right and still get sick. But doing your best to boost your immune system now means your body will be that much more prepared for tackling whatever bugs may come your way later.\*\*\*