5 Tips For Boosting Your Immune System

THE PINES
AT · DAVIDSON

A strong immune system is essential for fighting illness and infection, but it can weaken with age. Protect yourself by boosting your immunity with these helpful tips.

1. Eat a balanced diet

Eating foods rich in vitamins and antioxidants, like fruits and vegetables, and reducing your intake of sugar, fat and processed foods can help keep your immune system strong and improve your overall health. Aim for a variety of different foods to ensure that your body is getting the different nutrients and vitamins it needs. Here are just a few that can help in boosting immunity:

- Fruits like oranges, grapefruit or strawberries are high in vitamin C
- Ginger can help reduce inflammation, which helps your immune system function better
- Almonds, broccoli and spinach are high in vitamin E
- Blueberries and green tea contain antioxidants
- Seafood, meat and dairy products are high in zinc

2. Stay active

Going for a walk, taking a water aerobics class or even gardening in your backyard can be a great way to stay active as you age. Regular exercise can lower your risk of disease in itself, but it also helps relieve stress and improve sleep, both of which are important for improving the immune system and overall health.

3. Get a good night's sleep

Getting enough sleep can improve your cognitive health, enhance overall brain function and strengthen your immune system. Try to keep a regular bedtime routine and make sure your bedroom is quiet, dark and cool to improve sleep.

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4. Spend time outside

Spending time outside can help improve sleep and improve your mood as well, but it also boosts vitamin D production which is important for immune health. You can try an activity like hiking or just relax outside to enjoy the benefits of the sun.

5. Reduce stress

Chronic stress is another factor that can put strain on our immune systems. Meditation, journaling or even just talking to a friend can help reduce stress and keep your immune system strong. Contact The Pines at Davidson to learn more about our senior living community.

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