

# Resilience in the Season of Colds & Flu:

## *Developing Healthy Habits*



### Why Focus on Immunity?

During the fall and winter, we're more susceptible to colds, flu, and other illnesses. Shorter days, colder weather, and more time indoors can make it harder for our immune systems to stay strong. However, by making intentional nutrition and lifestyle choices, we can give our immune system the support it needs!

### Tips for a Stronger Immune System

#### 1 Nourish with nutrients:

- *Vitamin C*: Supports immune cell function and helps the body fight off infections
- *Vitamin D*: Regulates immune response and reduces the risk of respiratory infections
- *Zinc*: Essential for immune cell development and function.
- *Probiotics*: Promote a healthy gut, which is strongly influential for overall immunity

#### 2 Stay Hydrated! Aim for *at least* 8 cups a day (64 oz).

#### 3 Prioritize sleep. Your body relies on these 7-9 hours of downtime to recharge.

#### 4 Keep moving. Aiming for 30 minutes of moderate exercise can boost circulation and keep those immune cells in action.

#### 5 Manage stress. A relaxed mind supports a healthy immune system!

#### 6 Avoid smoking & limit alcohol. Both can weaken your immune response.



Join our webinar on **November 20th, 2024, from 12:00–12:30 PM EST** to dive deeper into these strategies and glide through flu season as healthy as possible. [Register here!](#)

