

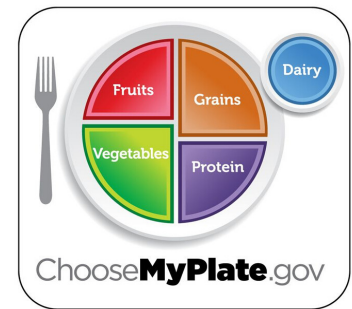
# 4 Real Immune Boosters!

Follow these tried & true steps to help your immune system work it's best!

## Sleep



for 7-9 hours each night!



## Eat More

fruits, vegetables & whole grains!

Try the **MyPlate** way

## Get Active

Move your body in your favorite ways for 30-minutes most days of the week!



## Manage Stress

with breathing, yoga, meditation, nature, therapy, and more!

Eat Healthy  
Move Often  
Live Well



Cambridge  
Public Health  
Department

