4 Real Immune Boosters!

Follow these tried & true steps to help your immune system work its best!

**Sleep**
for 7-9 hours each night!

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

**Eat More**
fruits, vegetables & whole grains!
Try the MyPlate way

**Manage Stress**
with breathing, yoga, meditation, nature, therapy, and more!