Some simple tips for boosting your immune system in March

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YOUR immune system is incredibly important. From a cold to the flu to Covid-19, it has to be strong enough and sophisticated enough to fight off a variety of illnesses and infections.



There are things you can do to help give your immune system what it needs to help ward off infection or illness. Here are some tips to help build your immune system.

Physical activity isn't just for building muscles and helping yourself de-stress, it's also an important part of being healthy and supporting a healthy immune system.

In fact, studies have shown that engaging in as little as 30 minutes of moderate-to-vigorous exercise every day helps stimulate your immune system.

This means it's important to focus on staying active and getting regular exercise.

Examples of moderate exercise include brisk walking, steady bicycling, jogging, swimming and light hiking.

To give your immune system the best chance to fight off infection and illness, it's important to get a good night's sleep every night. Sleep certainly doesn't feel like an active process, but there are plenty of important things happening in your body when you're not awake.

For instance, important infection-fighting molecules are created while you sleep. Inadequate or poor quality sleep is linked to a higher susceptibility to sickness. Getting adequate rest may strengthen your natural immunity.

Also, you may sleep more when sick to allow your immune system to better fight the illness.

Adults should aim to get seven or more hours of sleep each night, while teens need 8–10 hours and younger children and infants up to 14 hours.

As with most things in your body, a healthy diet is key to a strong immune system.

This means making sure you eat plenty of vegetables, fruits, legumes, whole grains, lean protein and healthy fats.

In addition to providing your immune system the energy it needs, a healthy diet can help ensure you're getting sufficient amounts of the micronutrients that play a role in maintaining your immune system. Some of these include Vitamin B6, Vitamin C and Vitamin E.