How to boost immunity to prevent catching colds

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TO boost immunity and prevent catching colds, prioritise a healthy lifestyle that includes getting enough sleep, managing stress, staying hydrated, and eating a balanced diet rich in fruits and vegetables. Regular exercise, maintaining a healthy weight, and avoiding stimulants like nicotine, alcohol, and excessive caffeine can also contribute to a stronger immune system.

Prioritise Sleep

Aim for 7 to 9 hours of quality sleep each night. Poor sleep can weaken your immune system, making you more susceptible to colds and other illnesses.

Manage Stress

Chronic stress can suppress your immune system. Find healthy ways to manage stress, such as exercise, meditation, or spending time in nature.

Stay Hydrated

Drink plenty of water throughout the day to help flush out toxins and keep your respiratory system clear.

Eat a Balanced Diet Focus on fruits, vegetables, lean protein, and whole grains. These foods provide the nutrients your immune system needs to function properly.Exercise Regularly

Aim for at least 30 minutes of moderate exercise most days of the week.

Exercise helps improve circulation, which can aid in identifying and combating invading pathogens.

Maintain a Healthy Weight Excess weight can put extra stress on your body and immune system.

Avoid Stimulants

Limit or avoid stimulants like nicotine, excessive caffeine, and alcohol, as they can weaken your immune response.

Get a Flu Vaccination Annual flu shots can help protect you from the flu virus, which can sometimes lead to complications like colds.