



Enlazar el título correcto con cada ilustración



Eat healthy

A balance diet filled with lots of colorful fruits, veggies, healthy fats, grains, nuts, seeds and vegetables and supplies with vitamins and minerals that help support immune system.



Exercise

Low to moderate intensity exercise lowers cortisol levels and can boost immune function. Aim for 30-60 minutes of physical activity a day, but don't go overboard. too much exercise can weaken your immune system.