

# TIPS ON HOW YOU CAN **BOOST YOUR IMMUNITY**



Our immune system is complex and influenced by an ideal balance of many factors, not just diet. Here are some simple ways you can help your body fight off viruses, infections and disease.



## ADEQUATE SLEEP

Sleep is an important period of bodily rest, and studies indicate that sleep plays a crucial role in the robustness of our immune system. In fact, sleep contributes to both innate and adaptive immunity. Researchers have found that during nightly sleep, certain components of the immune system rev up.



## EXERCISE

Physical activity will help to lower blood pressure and stress hormone levels. Aerobic exercise like walking and dancing increases breathing and heart rate so that more oxygen reaches cells throughout the body. And gardening not only builds muscle and burns calories, but you can soak up enough vitamin D to promote your bone health, which also boosts your immunity.



## LOWER YOUR STRESS

Stress reduction can not only give your mind a break, but it can also relieve the pressure on your immune system. The most effective methods to reduce stress is meditation and yoga. However, other ways such as reducing caffeine intake, less screen time, and spending time outdoors in nature are also highly effective.



## A HEALTHY DIET

Feeding your body certain foods that contain vitamins and antioxidants can help keep your immune system strong. Broccoli, sweet potato, garlic and strawberries, are just a few that can easily be grown at home or are readily available at your local grocer.

**FIND MORE INFORMATION ON  
BUILDING YOUR IMMUNITY AT**

[www.hsph.harvard.edu/nutritionsource/nutrition-and-immunity](http://www.hsph.harvard.edu/nutritionsource/nutrition-and-immunity)



**Pottstown FARM's** Mission is to provide access to fresh, locally grown, agricultural products and handmade artisan goods to the Pottstown Region. FARM also helps provide easy access to those fresh foods for those who are underserved in our region through a variety of programs and Incentives.

**Opening Day at Pottstown Farm is May 14th, 2022, 9AM to 1PM**

[pottstownfarm.org](http://pottstownfarm.org)



With categories for gardeners of all ages and abilities, the **2022 Home Garden Contest** is open to residents of the Boyertown and Pottstown boroughs. If you're interested in being more active, beautifying your community, and possibly winning some cash, then we say...Grow For It!

**Registration for the free 2022 Garden Contest is April 29 to June 24, 2022**

[homegardencontest.com/events](http://homegardencontest.com/events)