

# HERE'S

# TO HEALTH

**Improve immunity  
through lifestyle choices**

## Diet

*Nourished people are less likely to develop mental and physical problems. Eating whole foods provide vitamins and minerals essential for good health.*

## Exercise

*Physical activity improves the quality of life. High cardiorespiratory fitness is associated with less respiratory illness, and better survival from such illness.*

## Stress

*High stress can suppress immune function. Manage stress by practicing mindfulness, yoga, and optimizing sleep.*



[healthline.com/health](http://healthline.com/health)

**One of the best ways to improve our immune system is a healthy lifestyle. Lifestyle factors not only affect our recovery rate but also improve quality of life.**



## VITALITY IS THE BEST MEDICINE EDITION

  
AssuredPartners

## Best Practices to Stay Healthy

- No nicotine use
- Call a loved one daily
- Express gratitude
- 5-9 fruits/vegetables daily
- 7-8 hours of sleep
- 10,000 steps daily
- 30 minutes of exercise
- 100% seat belt use
- Wellness screenings
- Annual flu vaccination