



Boost your Immune System

Reduce stress levels

Long term exposure to stressful situations causes inflammation in the body. Cortisol and adrenaline, the bodies stress hormones, suppress your immune system increasing the risk of infection and disease.

Keep active

Inactivity can leave you feeling sluggish and more at risk of picking up an infection. Avoid sitting down all day and look for opportunities to walk more often.

Easy on the fat and sugar

Combined with an inactive lifestyle, a diet high in fat and sugar reduces the body's ability to fight off infection. A high number of fat cells may also release chemicals in to the body that cause chronic inflammation, damaging healthy tissues.

Vitamin D

Exposure to sunlight is ideal but vitamin D is also found in some foods such as eggs, liver and oily fish. The NHS also recommend that everyone should consider taking a vitamin D supplement, particularly during autumn and winter.

Keep it clean

Prevention is better than the cure. Ensure you maintain good hygiene standards washing hands regularly and thoroughly.