

## Immunity:

# Ways and means to boost immunity and why it is important







## What is Immunity?

Immunity is our body's natural defense system against infections, diseases, and other potentially harmful invaders. When our immunity is strong, we are more likely to fend off illnesses and recover faster if we do fall ill. In contrast, a weakened immune system can leave us susceptible to frequent infections and can impact our overall well-being.

## Factors Affecting Immunity



Diet



Age



Stress



Exercise



Sleep



# Ways to Boost Immunity naturally

By adapting a healthy lifestyle and making right choices can enhance our immune system. **Here are some effective ways to boost your immunity:**



## Balanced Diet

Eating a variety of nutrient-rich foods is crucial for a robust immune system. Incorporate fruits, vegetables, protein like lean meats, fish, eggs, healthy fats found in fish, nuts, and seeds, utilize probiotics like yogurt, kefir, and fermented vegetables for gut health.



## Stay Hydrated

Water is vital for all bodily functions, including the immune system. Aim to drink at least eight glasses of water a day to stay hydrated and help your body flush out toxins.



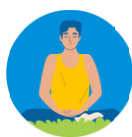
## Get Regular Exercise

Moderate exercise, such as walking, jogging, or cycling, for at least 150 minutes or 75 minutes of vigorous activity per week, along with muscle-strengthening exercises.



## Prioritize Sleep

Quality sleep is essential for immune health. Adults should aim for 7-9 hours of sleep per night. Avoid screens before bedtime to improve sleep quality.



## Manage Stress

Practice stress-reducing techniques such as mindfulness, meditation, deep breathing exercises, yoga, or engaging in hobbies you enjoy.



## Practice Good Hygiene

Good hygiene practices can prevent infections like proper hand wash, using sanitizers.



## Avoid Smoking and Limit Alcohol

Smoking and excessive alcohol consumption can weaken the immune system.



## Manage Chronic Conditions

Chronic conditions can weaken your immune system, take control of lifestyle conditions by controlling it.

## Conclusion

A strong immune system is your best defense against the pathogens you encounter daily. Invest in your health today and enjoy the benefits of a robust immune system.

## How is MetLife Contributing

- Awareness via newsletters, webinars etc.
- Employee Assistance Program for mental wellness.
- Disease Management and Chronic Medication Refill Programs for Chronic conditions.



Please do send us your feedback at [well-being@metlife.ae](mailto:well-being@metlife.ae). It will help us improve this newsletter if we hear that our content has made a difference in your wellbeing. We are keen to listen to you and to improve for you.

This information is intended to provide general guidance on health and wellness matters and is not medical advice. MetLife is not responsible for the accuracy of this information, which may not apply to your particular circumstances, so you rely on it at your own risk. You should always consult a licensed health care professional for the diagnosis and treatment of any medical condition and before starting or changing your health regimen, including seeking advice regarding what drugs, diet, exercise routines, physical activities or procedures are appropriate for your particular condition and circumstances.