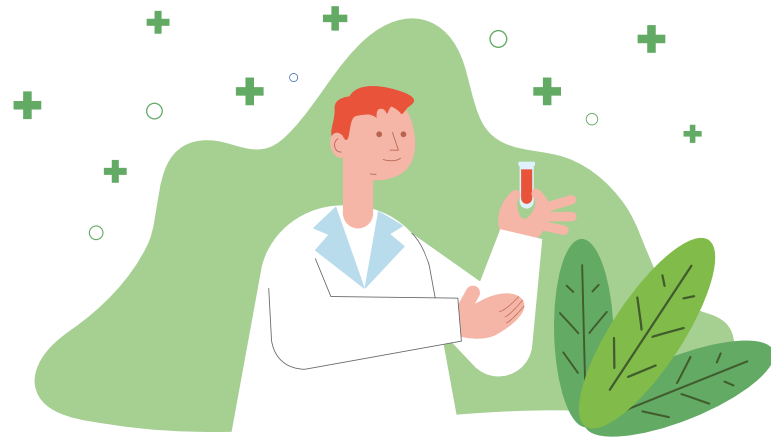


March Is Enhancing Immunity: Sleep and Nutrition Month

Better Immunity through Sleep and Nutrition

One of the most valuable things we can possess is our health. The cornerstones of maintaining good health are health promotion and disease prevention. So, how do we encourage health promotion and disease prevention in our routines? Well, we must focus on improving our immunity through sleep and nutrition.



How to Improve & maintain Personal Health



1. Stick to a sleep schedule.

2. Maintain daily physical activity.



3. Resolve the day's stress before lights out.

4. Avoid caffeine and alcohol several hours before bed.



5. Keep away from spicy, sugary and fatty foods late at night.



March is National Nutrition Month and features National Sleep Awareness Week, March 12 – 18.

By taking care of yourself, including paying attention to the relationship between sleep and nutrition, your immune system will ultimately take care of you.

Source:
<https://biturl.top/Nvi2Yj>
<https://biturl.top/777Zji>