



**MONTANA'S  
CREDIT UNIONS**  
Educate. Advocate. Collaborate.

# **BOOST THE IMMUNE SYSTEM**

*There's no greater place to live than in a happy, healthy body.*

## **5 KEY TIPS TO STAY HEALTHY THROUGH IT ALL**

**BOOST YOUR IMMUNITY**

**Eat Foods High in Vitamin C**

Red Pepper, Broccoli, Spinach, Papaya and Citrus Fruits

**REDUCE INFLAMMATION**

**Eat Foods that Reduce Inflammation in the Body**

Ginger, Wild Caught Salmon, Pineapple, Turmeric

**GET ENOUGH SLEEP**

**Aim for 8 Hours of Sleep**

Your body needs adequate time to rest and repair, give your body the gift of quality sleep

**STAY ACTIVE WITH MOVEMENT**

**Move for 10 Min. EACH Hour**

Take a walk, run/walk a stairwell, do an online yoga class, perform a circuit series of push-ups, sit-ups and jumping jacks

**DO A RELAXING YOGA STRETCH**

**Legs Up the Wall Pose**

Legs Up the Wall Pose (or Viparita Karani in sanskrit) helps the mind & body relax and relieves stress & tension. This approachable pose requires little flexibility or strength. Lay on the floor with bottom against a wall. Put your legs straight up the wall & relax for 3-7 minutes to enjoy these amazing benefits - lower heart rate, reduced anxiety/stress/insomnia, drainage of excess lower body fluid, healthy return of blood back to heart, reduction in swollen legs/feet, stretching of hamstrings/lower back/pelvis, & reduction in lower back tension.