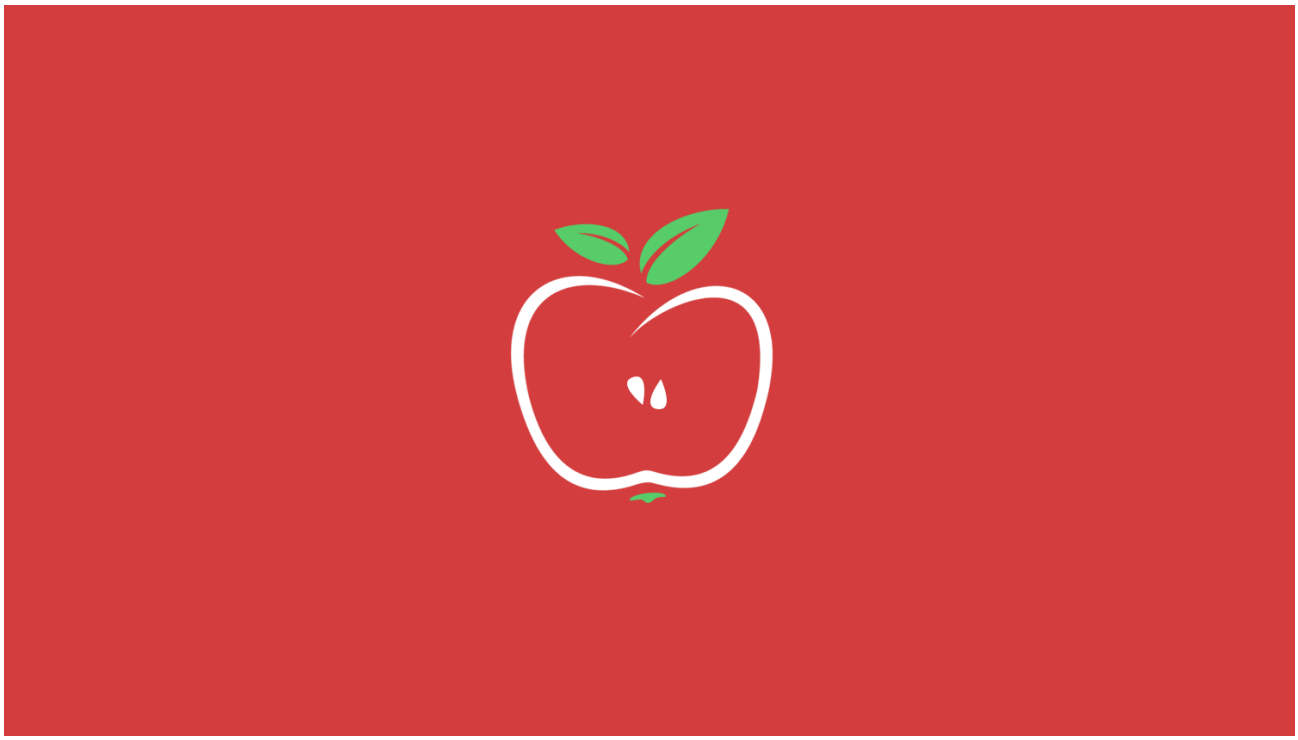
Build Up Your Immune System



1. Do 50 Jumping Jacks Twice a Day

- [ ] Intense physical activity affects cell messaging pathways that control hormone secretion in bloodstream. cellular ageing and tissue inflammation, Exercise produces hormones tell 'he body 10 roll back

2. Hold a Child Pose for 2 minutes Once a Day

- [ ] Stress hormones affect many of 'he body's functions. can make ore-existing endocrine disorders worse and impair the body's immune response. Break the stress cycle by interrupting the stress response.

3. Take a 2-minute active break Every hour Ihroughout The day

- [ ] Acute short-term stress is linked to the biochemical response associated with emotions. Take a break, go for a walk or do march steps for 2 minutes. It provides an instant sense of relief from pressure that allows your body and mind to recharge.

4. Drink a glass of water First thing in the morning

- [ ] Water helps to carry oxygen your body cells. which results in properly functioning systems. II also works in removing toxins from the body that can impair its physiology.

5. Wait 3-4 hours between meals

- [ ] Whether or nm the immune system is al its peak depends on the healthiness of 'he digestive tract which needs time 10 break down food into essential nutrients. recharge itself and repair.

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