

# 9 Ways to Boost Kids Immune System

Kids are going to get sick. It's inevitable. In fact, we don't want to keep them in a bubble. Exposure to the world actually helps strengthen and boost immune systems. But there certainly are many things we can do to reduce the number of sick days. We can take



## 1. Foods

- ☐ Nutrient dense foods such as blueberries, spinach, & avocados

## 2. Vitamin D

- ☐ Exposure to sunlight

## 3. Elderberry

- ☐ Loaded with vitamin C & antioxidants

## 4. Cod Liver Oil

- ☐ Packed with Omega 3s, Vitamins A & D

## 5. Zinc

- ☐ Meat, shellfish, legumes

## 6. Probiotics

☐ Yogurt, kefir, sauerkraut

## 7. Exercise

☐ 20 minutes of moderate exercise

## 8. Sleep

☐ Rest and quality sleep

## 9. Water

☐ Filtered water, fruit infused water, bone broth, fresh pressed juice

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