

LIFESTYLE CHOICES TO BOOST IMMUNITY

Mind Your Stress

Pause. Take a few seconds to consider your breathing, listen to a favorite song, or watch a funny video. The stress hormone, cortisol, suppresses immune response. Being mindful, even in small doses, reduces stress and as a result, cortisol production.



No Smoking

Avoid smoking, vaping, or inhaling any substance, which can be toxic to the lungs.



Quality Sleep

Aim to sleep for 7 to 9 hours. Develop a routine: Set an alarm for when to go to sleep and when to wake up. Make sure your room is cool, dark, quiet, and comfortable. Avoid screens at least 90 minutes before bedtime. Practice a “wind down” ritual, like listening to soft music, writing in a journal, or reading a book.



Healthy Eating

What you eat makes all the difference! For strong immunity, consume a wide array of fiber-filled, nutrient-dense, and antioxidant-rich whole plant foods at every meal. Choose a rainbow of fruits and vegetables, eat your beans, consume whole grains, and use a variety of herbs and spices to enhance flavors.

Stay hydrated with water!



Activity

Regular, moderate physical activity is vital to keeping the immune system strong! While Physical Activity Guidelines recommend at least 30 minutes, 5 days a week, as little as 20 minutes can suppress inflammation and support immunity.



Connectivity

Physical distancing is essential when contagious disease risks are high, but not at the expense of being isolated or lonely. Connect with friends and family via FaceTime, Zoom sessions, texting, and phone calls. Positive emotions, which are shown to improve immunity, arise from even brief, virtual social connections.



Increasing your body's immune response is not a guarantee against infection.

Information courtesy of the American College of Lifestyle Medicine

Lifestyle Medicine



VALLEY MEDICAL CENTER



CLINIC LOCATIONS

Renton

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Covington

17307 SE 272nd St.
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LIFESTYLE MEDICINE RESOURCES AVAILABLE NOW TO TAKE CONTROL OF YOUR HEALTH



Nutrition Therapy

Medical Nutrition Therapy is an evidence-based approach to address healthy eating, stress, quality of sleep, activity, relationships and how they impact behaviors related to food. By partnering with a registered dietitian, you can tailor a practical plan that works within your lifestyle given today's challenges.



Health Factors & Functional Movement

Physical and occupational therapists usually begin with a conversation about health factors you can change, such as sleep, stress, diet and exercise. A consult includes a Health Risk Assessment and a more in-depth screening about your personal health risk factors, including injury history and a screening of your movement. Our ultimate goal is to give our patients the support they need to begin making healthier lifestyle choices, and to provide the tools to maintain changes over time.



Exercise Programs

Our exercise programs are delivered both virtually and in person. Lifestyle 365 members will receive updated individualized programs. General members have access to daily workouts, virtual group classes entertaining challenges offering practical ways to continue working toward your health goals without the need of facility access. In addition, we offer telehealth style sessions with your Exercise Specialist who will help you design a home-based program using items you probably already have.



All services are now available through telehealth.

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