

HOW TO BOOST YOUR IMMUNE SYSTEM FOR THE WHOLE FAMILY



SAN FRANCISCO
BAY AREA MOMS™

TIPS FROM
EXPERTS AT:



EAT A BALANCED DIET RICH IN IMMUNE-SUPPORTING VITAMINS AND MINERALS

Vitamin C, Vitamin D, Vitamin E, Zinc, Fish oil, and Fiber all help to promote immune function.



GET ADEQUATE EXERCISE

Promote disease prevention, improve blood flow, reduce stress and reduce inflammation.

PROMOTE GOOD SLEEP HYGIENE

Lack of sleep can increase inflammation throughout the body and lead to poor immune function.



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APPROPRIATELY MANAGE HEALTH CONDITIONS

Stick with well-child visits, annual complete physical exams for adults, and recommended follow-up appointments.



GET VACCINATED!

Vaccines are a safe and effective way for our immune systems to develop protection against common illnesses.

For more family wellness tips and resources, visit:

WWW.SANFRANCISCOMOMS.COM