Healthy habits for the immune system

10 healthy habits that boost our immune system:

- Do not smoke
- Sunbathe in moderation, with the right protection
- Maintain proper hygiene
- Eat a healthy diet and maintain a healthy weight
- Exercise every day
- Go for regular medical check-ups
- Get vaccinated, according to the current vaccination schedule
- Keep alcohol consumption moderate
- Minimise stress, boost relationships
- Sleep between 7 and 9 hours a day

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