Immune Health & Nutrition
Factors that can contribute to a weakened immune system

• Obesity
• Diseases such as cancer, heart disease, diabetes
• Stress
• Malnutrition

http://www.mayoclinic.com/health/tuberculosis/DS00372/DSECTION=risk-factors
Nutrient Deficiencies that may weaken the immune system

• Protein
• Zinc
• Selenium
• Iron
• Copper

• Vitamin A
• Vitamin C
• Vitamin E
• Vitamin B6
• Folic Acid

How to Boost your Immune System

• Don’t smoke
• Exercise regularly
• Maintain a healthy weight
• If you drink alcohol, only in moderation
• Get adequate sleep
• Get regular medical check-ups
• Be proactive in avoiding infection
  – Wash hands frequently
  – Cook meats thoroughly
  – Get cold pack from McKinley

Hand-Washing Techniques

• Wash your hands for 20-30 seconds with soap & warm running water

• Wash all hand surfaces & fingers, including wrists

• Rinse thoroughly & dry hands with clean paper towel

• Use paper towel to turn off faucet & to open bathroom door
How to Boost Your Immune System

• *Maintain an Overall Balanced Diet.*
  – Adequate amounts of carbohydrates, proteins & fats
  – Adequate amounts of vitamins and minerals
  – Visit a McKinley Dietitian for specific recommendations
Consult a Professional!!

• Consult one of the RDs at McKinley Health Center if you have any questions or concerns about your diet.

SportWell
Center
244.0261

Justine Karduck, MS, RD, LDN, CDE

Health
Education
333.2714

Bethni Gill, MA, RD, LDN
How to Boost your Immune System

Relax!

• Those under higher levels of stress are more susceptible to infection.
• Visit McKinley for specific information about stress reduction.
McKinley’s Stress Management Services

• **Individual Appointments**
  – Stress Management Coordinator in the Health Education Unit

• **Outreach Programs**
  – Stress Management Workshops & Wellness programs are available for organizations & groups

• **Educational Materials**
  – Search the Health Info Handouts on McKinley’s website

• **Stress Management Peers**
  – Trained volunteer peers that arrange workshops, plan campus events, & develop materials to help relieve stress
McKinley’s Stress Management Services

• **Web-based Relaxation Exercises**
  – Available on McKinley’s website
  – Do NOT perform these exercises while operating a vehicle or other machines

• **Stress Relief Packs**
  – Packs available at the end of the semester
  – Include: stress management tips, snacks, coupons, and games

• Contact McKinley’s Health Education Unit for access to & info on these Stress Management Services
  – 217.333.2714