



#Thrive2021
Jump Start June

Feeling a little under the WEATHER



Do you feel like you are always nursing a cold? Or perhaps your skin takes longer to heal after a nasty bash or cut? Stress got you feeling run down, and you are getting a good night's sleep, but still feel tired? Answering yes to one or more of these questions may signal that your immune system is struggling.

Your immune system is your body's natural defence system, managed via a network of cells, tissues and organs that work together to protect you against the bacteria, viruses and parasites that make you sick.

Unfortunately, there isn't a quick fix or magic pill capable of boosting your immune system; instead, this intricate network requires balance and harmony to **THRIVE**.

HOWEVER, YOU CAN JUMP-START YOUR IMMUNE SYSTEM BY CHOOSING TO ADOPT A HEALTHY LIFESTYLE.

