5 HEALTHY WAYS
TO MAKE YOUR BODY STRONG AGAINST CORONA VIRUS

In addition to maintaining a clean body, good immunity can also expel the corona virus from our body.

### 1. Expand to eat vegetables and fruit

For those who's not eat adequately, it is advisable to add the consumption of vegetables and fruit. Vegetables or fruit can be anything, according to taste. Fruits contain lots of vitamins, whereas vegetables contain lots of fiber and menieral needed by our body. According to research people who eat more fruit are less prone to illness.

2. Get enough rest

Lack of sleep can reduce body immunity. So that all humans need adequate sleep quality and quantity. Adults need to sleep for 7-8 hours. While teens need 9-10 hours of sleep a day.

3. Avoid stress and manage stress

Uncontrolled stress can increase the production of the hormone cortisol. Stress is usually experienced if we have a lot of thoughts or problems. In the long run, an increase in the hormone cortisol can decrease immune function. This condition will make us susceptible to disease, or contracting a virus.
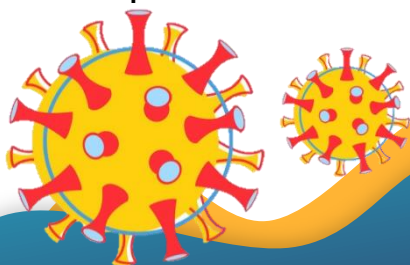
4. Routine Exercise

Exercise is very useful for our body. Not only healthy, by exercising, people are also believed to feel happier. It is recommended to exercise regularly for 30 minutes every day, to increase the body's immune system against infection.

5. Avoid cigarettes and alcohol

Exposure to cigarette smoke can damage the immune system. Likewise with alcohol. Smokers have a higher risk for lung infections, such as bronchitis and pneumonia, which are the media that are attacked by the corona covid-19 virus.