

# Strengthen Your Body, Defend Your Health

Ever heard the saying “Movement is medicine”? Well, turns out it’s not just a catchy phrase! Regular exercise doesn’t just keep your muscles and joints in top shape—it’s also a powerhouse for boosting your immune system. Here’s how:



## Stimulates Cellular Immunity

Exercise gets those immune cells circulating in your body, priming you to fight off infections like a superhero.



## Promotes Better Sleep

Quality zzz’s are crucial for overall health. Exercise helps you catch those Z’s, increasing antibodies and reducing inflammation.



## Fights Chronic Diseases

By keeping conditions like heart disease and diabetes at bay, exercise strengthens your immune system’s defenses against everyday bugs and viruses.



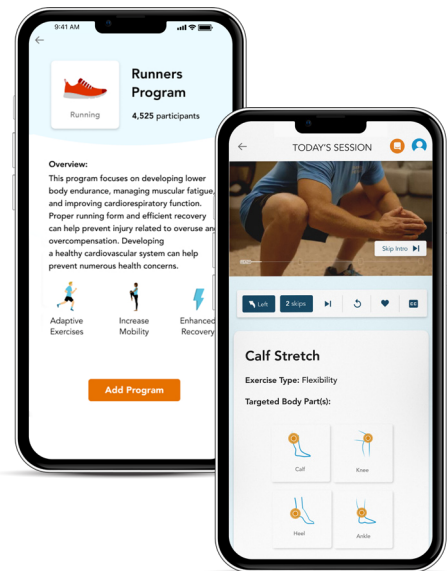
## Reduces Inflammation

Moderate exercise, with proper rest, dials down inflammation, keeping your immune system strong. Remember, overdoing it can have the opposite effect!

So, get moving and give your immune system the workout it deserves!

### Looking to boost your immune system and stay healthy this spring?

At SimpleTherapy, we tailor exercise plans just for you. Our range of stretches and exercises not only improve muscle health but also strengthen your immune system. Make moving a priority this season and feel your best!



### How to get started

1. Download the SimpleTherapy app
2. Enter your employer’s name
3. Enter your name and date of birth

**And don’t forget!** You and your family may be eligible to access SimpleTherapy at no cost as members of your healthcare provider’s plan.