

HOW CAN YOU REDUCE CHRONIC INFLAMMATION?

Even though lifestyle changes can lessen inflammation, it's not a quick fix. Focusing on consistency is typically best.

FOCUS ON FOUR KEY BEHAVIORS:



Eat a mostly whole-food, plant-based diet
while limiting ultra-processed foods and added sugar.



Exercise regularly
even modest amounts can make a difference.



Find healthy ways to manage stress



Get enough restorative sleep



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