





EXERCISE AND IMMUNITY

Physical activity helps to:

- Don't develop heart disease 
- Keep your bones healthy and strong 
- Remove bacteria from the lungs and airways 
- Cause beneficial changes in antibodies and white blood cells 

Rising temperatures can prevent bacteria and help to fight off infections 

Exercise slows the release of stress hormones, which increase the chances of getting sick if they are very high 

Exercise is good, but you shouldn't do too much. People who do intense long-term exercise may be harmed. Some studies show that it is better to do an exercise program such as:

- Ride a bike sometimes a week 
- Take daily 30-minute walks 

Exercise makes you feel healthier and more energetic. So, go on !!!