



EXERCISE AND IMMUNITY MICROORGANISM

By Nuria Riego Martín

HOW CAN EXERCISE HELP US? 1

- Exercise...

...helps decrease your chances of developing heart disease.

...keeps your bones healthy and strong.

...causes change in antibodies and white blood cells (WBC), which are the body's immune system cells that fight disease.

...slows down the release of stress hormones. Some increases the chance of illness, so lower stress hormones may protect against illness.

...makes you feel healthier and more energetic.

...can help you feel better about yourself.

...is good for you, but, you shouldn't overdo it. Heavy, long-term exercise could actually cause harm.

HOW CAN EXERCISE HELP US? 2

- Physical activity...

...may help flush bacteria out of the lungs and airways.

...may reduce your chance of getting a cold or flu, for example.

- The brief rise in body temperature...

...may prevent bacteria from growing.

...may help the body fight infection better.

HOW CAN YOU DO EXERCISE?

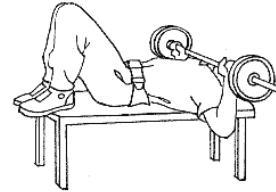
Studies have shown that people who follow a moderately energetic lifestyle, benefit most from starting an exercise program. A moderate programme can consist of:



***Bycicling a
few times a
week.***



***Taking daily
30 minutes
walk.***



***Going to the
gym every
other day.***



***Playing
sports
regularly***