



HOW DOES PHYSICAL ACTIVITY IMPROVE YOUR IMMUNE SYSTEM?



It can help eliminating bacteria in our lungs when we do physical activity

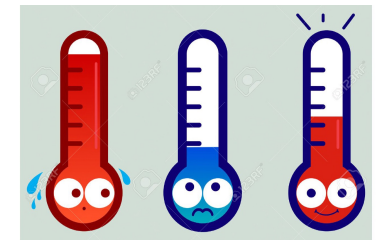
It decreases heart diseases so our hearts are more healthy



When we exercise, we produce antibodies to defend our bodies



When we do physical activity, our temperature increases and it helps us fight infections



It helps reduce stress and anxiety.

It also helps with other diseases like diabetes and cancer.

What is the best physical activity to boost our immune system?

- Swimming
- Walking and running
- Biking
- Team sports (volleyball, football, basketball...)

