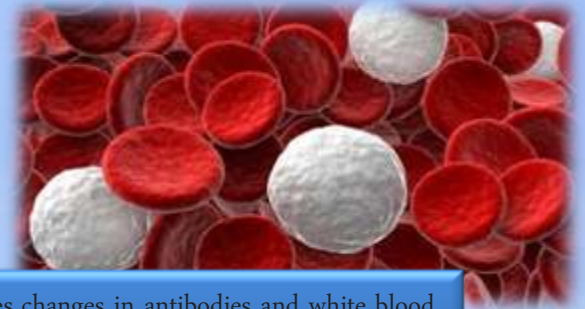


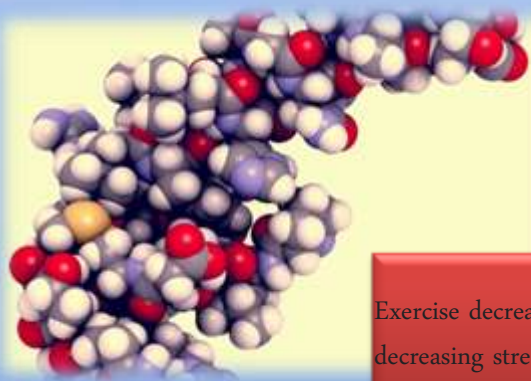
PHYSICAL EXERCISE AND IMMUNE SYSTEM



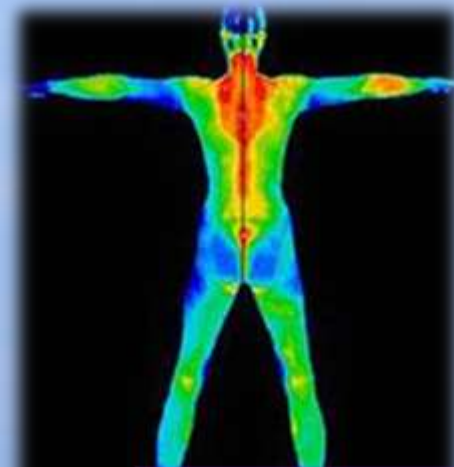
Helps eliminating bacteria and reduces the chances of developing diseases.



Causes changes in antibodies and white blood cells that fight against diseases.



Exercise decreases the secretion of stress hormones and decreasing stress can protect you from certain diseases.



When the body temperature increases during and after exercise can make bacteria stop growing.