

Get to Know



ARIZONA ADVISORY
COUNCIL ON INDIAN
HEALTH CARE

Exercise & Your Immune System

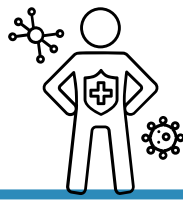
EXERCISE CAN BOOST YOUR IMMUNE SYSTEM.

Exercise improves our circulation and immune cell production.

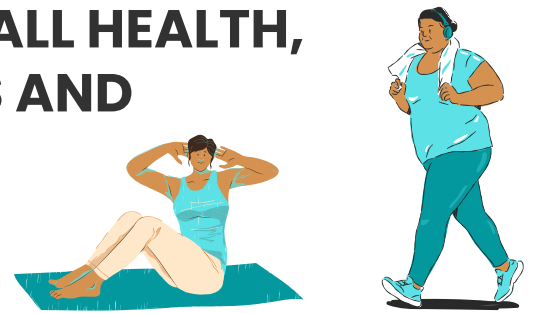
Immune cells (cells that fight pathogens, such as viruses, bacteria and fungal infections that can make us sick) circulate in our body constantly.

Through exercise we increase the movement of blood and lymph (which contains white blood cells), since our circulation improves.

Exercise also increases the production of natural killer T-cells, which are essential for maintaining an optimum immune response.



EXERCISE IMPROVES YOUR OVERALL HEALTH, WHICH IN TURN REDUCES STRESS AND STRENGTHENS YOUR IMMUNITY.



Not much exercise is needed to get an immune boost. **Only 20 minutes of brisk walking 4-5 times per week has been shown to significantly improve the body's immune response.**

WHY IT MATTERS

Exercise does not just have a protective effect against respiratory illnesses.

EXERCISE ALSO HAS A DIRECT EFFECT ON:

- Cognitive Ability
- Dementia Risk
- Blood Sugar Levels & Diabetes Risk
- Immune System Function & Resistance to Infectious Diseases, such as COVID
- Hormone Levels
- Cholesterol
- Cancer Rates
- Bone Density
- Sleep
- Mood & Stress Levels
- Weight & Obesity
- Life Expectancy

Resources:

CDC
&

Sutton, Brian. NASM Essentials of Personal Fitness, 7th Edition, 2022.



ARIZONA ADVISORY
COUNCIL ON INDIAN
HEALTH CARE