

# How Exercise Can Help Boost Your Immune System



Our immune system is what helps us fight off infections, diseases, and viruses. In recent times, the importance of our immune system has been highlighted more than ever. We have all heard that a healthy lifestyle can help boost our immune system, but did you know that exercise is one of the most effective ways to do so?

## How does exercise help our immune system?

Exercise helps our immune system in various ways. When we exercise, our body releases endorphins, which are chemicals that make us feel good and reduce stress levels. Stress can have a negative impact on our immune system, so reducing it can help improve our immune response. Additionally, exercise can also help reduce inflammation in our body, which is a leading cause of various diseases.

Moreover, exercise can help improve our circulation and lymphatic function. Our lymphatic system is responsible for removing waste and toxins from our body. When we exercise, it can help increase lymphatic flow, leading to improved waste removal and detoxification.

Exercise can also stimulate the production of antibodies, which are proteins that help fight off infections and diseases. Exercising can help increase the production of antibodies, leading to a stronger immune system.

## What types of exercise can help boost your immune system?



Any form of exercise can help boost our immune system, but certain types of exercise may be more effective. Research has shown that moderate-intensity exercise, such as brisk walking or cycling, can help increase the number of immune cells in our body. Additionally, high-intensity exercise, such as interval training or running, can help increase the production of antibodies in our body.

Resistance training, such as weightlifting, can also have a positive impact on our immune system. When we lift weights, it can help increase muscle mass and reduce inflammation, leading to a stronger immune system.

## What are some beginner at-home workouts?



It can be overwhelming to start an exercise routine, especially if you are new to it. But, it doesn't have to be complicated or expensive. Here are some beginner at-home workouts that can help boost your immune system:

**Brisk Walking:** A simple and effective way to start exercising is by going for a brisk walk. All you need is a comfortable pair of shoes and a safe place to walk. Aim for at least 30 minutes of walking a day, and gradually increase the time and intensity.

**Bodyweight exercises:** You don't need fancy equipment to start strength training. Bodyweight exercises such as squats, lunges, push-ups, and planks can be done anywhere, anytime. Aim for 3 sets of 10-15 reps for each exercise.

**Yoga:** Yoga is a low-impact exercise that can help reduce stress, improve flexibility, and boost the immune system. There are various online resources available for beginner yoga classes.

In conclusion, exercise can be a powerful tool in boosting our immune system. By reducing stress, improving circulation and lymphatic function, reducing inflammation, and stimulating the production of antibodies, exercise can help improve our immune response and protect us from infections and diseases. With the beginner at-home workouts mentioned above, it's never been easier to start an exercise routine and reap the benefits of a stronger immune system. So, whether it's a brisk walk, bodyweight exercises, or yoga, find an exercise that you enjoy and make it a regular part of your routine. Your immune system will thank you for it!

Sources:

"Exercise and the immune system: regulation, integration, and adaptation." Gleeson, M., & Pyne, D. B. (2016). *Advances in experimental medicine and biology*, 1-16.

"Exercise, immunity, and aging." Simpson, R. J., Kunz, H., Agha, N., & Graff, R. (2012). *Aging research reviews*, 11(3), 404-420.

"Exercise effects on influenza-induced mortality and morbidity in mice." Kohut, M. L., Cooper, M. M., Nickolaus, M. S., Russell, D. R., & Cunnick, J. E. (2001). *Aviation, space, and environmental medicine*, 72(7), 615-621.