



EXERCISE AND YOUR IMMUNE SYSTEM

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OVERVIEW

The idea that exercise affects the immune system in a positive way dates back to Hippocrates when he suggested “the right amount of exercise” was the safest way to health. Scientific research indicating increases to WBC’s that fight disease increase during and after exercise date back to the early 20th century.

OBJECTIVES

I. Immunity and Leukocytes = Phagocytic (to devour)

1. Neutrophils

2. Eosinophils

3. Basophils

4. Lymphocytes
 - Type B

 - Type T

 - Natural Killer

5. Monocytes

**Please remember to submit a session evaluation.
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II. Training Dosage and Intensity Factors

- a. General population

- b. Athletes

- c. Immuno-suppressed

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