

Moderate intensity exercise improves immune function



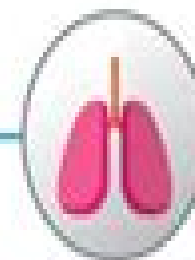
Being moderately active reduces likelihood of upper respiratory tract infections



Immune function is greater in elderly that are conditioned versus sedentary



Exercise reduces risk and severity of respiratory viral infections



Acute moderate exercise stresses the immune system less than prolonged high intensity sessions.

# Physical Activity Training And The Immune Response

**N Colangelo**



## **Physical Activity Training And The Immune Response:**

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