



Exercise and Your Immune System

While you exercise, your body produces antibodies. These antibodies are a type of protein the immune system produces that react to antigens (such as bacteria or viruses) by hunting them down and destroying them.

According to David C. Nieman in his book, "Nutrition and Exercise Immunology," exercise increases antibody production by 300 percent, and increases the number of infection-killing T-cells circulating in the body.

Once these antibodies form, they hang around in your body, ready to be called upon in case of further germ invasion. Excessive exercising, on the other hand, weakens the immune system, so remember – everything in moderation.

Source: Discovery Health