

The Immunity Puzzle

Immunity is a topic that has been on everyone’s mind these past several months. Specifically, when it comes to contagious diseases, why does the older adult population tend to have a harder time fighting off contagions? And, why is it that some people, regardless of age, seem to never get sick, while others catch every bug they are exposed to. Why do some recover quickly, while others struggle? Scientists are working on finding the answers to these questions, and, while we have no definitive answers at this time, there are some very encouraging possibilities coming out of the research.



Live 2 B Healthy® recently published a new online booklet that details the latest findings and information in much greater detail that we can do in our Participant Newsletter. If you would like to read the entire booklet, please go to: <https://indd.adobe.com/view/e989d15f-2a6d-4b78-9c55-7a997105d866> or click on the image to the left:

If you are unable to access the online report, here are a few of the highlights:

We are all partially victims of genetics when it comes to immunity, but scientists are learning that there many factors that we are able to control. As we have seen with the recent COVID-19 outbreaks, anything that we can do to boost our immune systems is an extremely valuable investment in ourselves.

“If you talk about vulnerability in older adults, it’s definitely two important parts,” says one researcher. “One is incidence — whether you get the infection or not. But the other part is severity. Even if you don’t have the incidence outcome you want, having a stronger immune function may determine how badly you’ll be infected.”¹

The following factors seem to positively affect Immunity:

Exercise

Regular workouts boost immune function and lower inflammation. “Exercise strengthens the body and may be the most important lifestyle intervention you can add,” says another researcher.²



Reduce Stress

Research has shown that chronic levels of stress causes our bodies to be constantly “on alert”. This constant vigilance wears on our ability to both fight off infections and heal ourselves. It also causes a rise in inflammation levels in the body.

Weight Management

Belly fat is metabolically active tissue, and people with excess amounts seem to have lower immunity that their leaner counterparts.

Nutrition

In addition to fueling our body properly for exercise and helping us to maintain a healthy weight, good nutrition has a beneficial effect on immune function as well.

Self-knowledge

It is important that we stay on top of our own health. If we are aware of chronic conditions and monitor them carefully, then we can be more proactive in our own health care.



Sleep

Infection fighting antibodies and cells are increased during sleep cycles.



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 Enter your zip code to find locations near you.