



# Resident Wellness Newsletter

## How Does Exercise Boost Immunity?

Now more than ever, seniors are looking for methods of boosting their Immunity. Let's take a closer look at the #1 recommended method - Exercise.

### Improved Immune Response

People typically have a limited number of immune cells circulating throughout their body. These cells tend to "hang out" in the lymphoid tissues and organs like the spleen, where they kill viruses, bacteria and other microorganisms which cause disease.

According to a 2019 scientific review in the *Journal of Sport & Health Science*, because exercise increases circulation of blood, it also increases the circulation of immune cells, causing them to roam the body at a higher rate and at higher numbers.

Think of exercising as you do housecleaning: If you vacuum your home for the first time in months, your home will look better than if you never vacuumed. However, if you started vacuuming thereafter 3 times a week, your home will get cleaner and cleaner each time you vacuum.



*"Exercise really is a housekeeping activity, where it helps the*

*immune system patrol the body and detect and evade bacteria and viruses,"* says study author David Nieman.

### Reduced Inflammation

Another benefit of exercise is that it decreases inflammation in the body—which, in turn, can also improve immunity. In fact, some research, like the 2004 study in the *Journal of the American Geriatrics Society*, links decreased levels of inflammatory markers to those that exercise more often and have higher fitness levels. Nieman says that goes hand-in-hand with immunity. *"When immune cells try to function with inflammation, it puts the immune system in a chronically inflamed state too,"* he says, which makes it harder to fight infection. Exercise naturally assists the body in fighting inflammation.

<https://www.sciencedirect.com/science/article/pii/S2095254618301005#!>  
<https://www.health.com/fitness/does-exercise-boost-immunity>

[https://www.researchgate.net/publication/8497828\\_Physical\\_Activity\\_Exercise\\_and\\_Inflammatory\\_Markers\\_in\\_Older\\_Adults\\_Findings\\_from\\_The\\_Health\\_Aging\\_and\\_Body\\_Composition\\_Study](https://www.researchgate.net/publication/8497828_Physical_Activity_Exercise_and_Inflammatory_Markers_in_Older_Adults_Findings_from_The_Health_Aging_and_Body_Composition_Study)

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