

As part of our "Maintaining A Strong Immune System" series

Tip 5: EXERCISE AND IMMUNITY

As a valued member of Rolling Strong, your safety and well-being are important to us. With continued news around coronavirus (COVID-19), Rolling Strong will be sending tips on maintaining a strong immune system so you can be armed with the best chance of staying healthy!

Taking a walk or doing strength training can have a positive impact on your immune system. A strong immune system is able to detect and fight off viruses. If you already exercise regularly, you may have noticed you get sick less often than others. While the science is not definitive, theories suggest that our immunity is boosted when we exercise. While we are practicing social distancing and focusing on properly washing our hands, it is important to know that other lifestyle choices like good nutrition, exercise, sleep and stress can make a big difference in keeping our immune system in shape to battle this virus.



MUSCLES CREATE IMMUNE CELLS

function by maintaining and increasing your muscle mass. As we age, our muscle mass decreases and so does our Immune function. Studies show that you can slow down the aging process and boost immune function with exercise. Immune cells are created by muscles. **Maintaining or growing your muscles means more immune cells.**



EXERCISE INCREASES RESPIRATION

Exercise increases your breathing rate. **Increased respiration** may help to flush bacteria out of your lungs and airways, possibly reducing chances of contracting a cold, the flu, or other illnesses. The **rise in your body temperature** during exercise, may prevent bacteria from growing and help fight infection.



EXERCISE LOWERS INFLAMMATION

Exercise **lowers your levels of inflammatory cytokines** that cause diseases like Type 2 diabetes, alzheimer's, osteoporosis heart disease and cancer. Studies have found that just 20 minutes of moderate exercise daily can reduce chronic inflammation.



EXERCISE LOWERS STRESS

Moderate exercise reduces the body. Chronic Stress causes stress hormones such as cortisol and adrenaline to keep blood sugars and blood fats elevated to provide energy for the Fight or Flight Stress Response. Exercise helps to burn off circulating excesses of blood sugar and fats.

Tips to help get started on an exercise program

While now is not the time to undertake a marathon training program, maintaining your current exercise or beginning an easy exercise routine may help strengthen your immune system.

- If possible, get outside for a moderate walk or run and of course maintain social distancing guidelines. **Exercise with your "quaranteam" to ensure everyone gets moving.**
- Exercise 3-5 days a week, for 20-45 minutes. Mix it up with cardio, strength and flexibility training. **Check out the Rolling Strong workouts in the app in the Fitness section>Log Workouts>Rolling Strong Workouts**
- Make sure to wash your hands thoroughly after outdoor exercise.
- Your efforts towards fitness will pay benefits over time as you fight off sickness, disease, and combat the effects of aging.

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Stay tuned for the next tip on maintaining a healthy immune system and Roll Strong!

