Most of us know the health benefits of exercise. In addition to the many health benefits, exercise also makes our immune system stronger. Below is the graph provided from podiumrunner.com which shows that moderate level (amount and intensity) of exercise lowers the risk of infection within the body. Compared to moderate level of exercise, sedentary and very high level of exercise increases risk of infection.

Moderate level of exercise has shown to increase anti-pathogen activities in parallel to circulation of immunoglobulins and anti-inflammatory activities. Moderate level of exercise also provides time of recovery for the body and it is during the recovery phase that the body rebuilds itself to be stronger. On the other hand, very high levels of exercise can cause inflammation in the body and does not provide enough recovery time for the body, and is thus not recommended.

In addition, exercise helps release Endorphin hormones which not only helps us be happy but also enhances our immune system. Most immune cells have endorphin receptors and need endorphins to function properly. In case of low endorphin, the immune system might attack the body itself, leading to auto-immune diseases.

To conclude, moderate levels of exercise helps us keep our immune system stronger. In these times when we cannot venture out it is advisable to do a 30-60 minute exercise regime at home depending on your fitness level.