



## Get moving TO BOOST YOUR IMMUNITY

Exercise provides so many health benefits. Recent research now adds strengthening the immune system to the list. Here are three ways exercise can help fight infections and prevent you from getting sick.

- Regular bouts of moderate to high-intensity exercise reduce inflammation in the body. Lower levels of inflammation are linked to a decreased risk of chronic diseases such as heart disease, cancer, and diabetes.
- Exercise supports the healthy bacteria in the digestive tract. These bacteria, called the microbiome, make up about 70% of your immune system.
- Consistent physical activity may prevent the decline in immune function that is common as people age. Being active keeps the body's defense system in peak condition.

