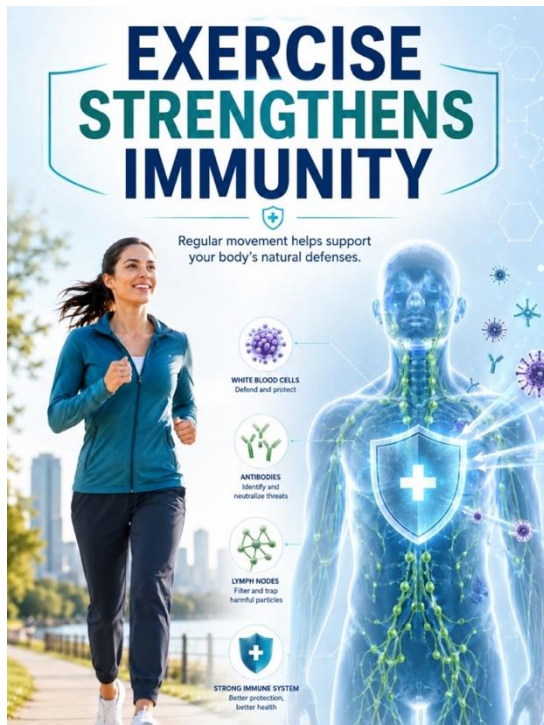




Exercise Strengthens Immunity

Did you know? Regular exercise helps strengthen the immune system by improving blood circulation, allowing immune cells to move more efficiently throughout the body. These immune cells act like the body's defense team, helping to recognize and fight harmful germs, viruses, and other pathogens.

Moderate exercises that make you breathe faster and produce a light sweat—such as brisk walking, jogging, cycling, dancing, swimming, or aerobic exercise—can help keep the immune system active and balanced. Exercise also helps lower stress hormones and reduce inflammatory markers in the body. When inflammation is better

controlled, the immune system can respond in a healthier and more resilient way.

In other words, regular movement helps your body stay prepared, protected, and ready to fight infections.

Health Reminder: Move regularly and aim for moderate exercise that makes you sweat a little—your immune system becomes stronger, more balanced, and better prepared to defend your body.

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