

SUMMER SELF-CARE

Week 5 • July 7, 2020

Training Your Immune System

This week's takeaways

1. Regular moderate intensity exercise has a host of health benefits, including increased immune surveillance and resilience.
2. While all the negative side effects of unfamiliar and exhaustive exercise may not be universal, it is highly recommended to err on the side of caution in the face of a relatively unknown pandemic virus when risk of infection is abnormally high.
3. For the general population, once you have ascertained that it is safe for you to exercise, keeping bouts between 30 to 60 min (about 5 times a week) is recommended and seems the most beneficial based on available evidence.

Other important factors to support your immune system



Get adequate sleep



Eat a balanced diet



Make an effort to manage stress



Clean AND sanitize any exercise equipment that may have been shared

This series is hosted by University of Illinois Extension and the Interdisciplinary Health Sciences Institute.
University of Illinois at Urbana-Champaign College of Agricultural, Consumer and Environmental Sciences -
United States Department of Agriculture - Local Extension Councils Cooperating - University of Illinois
Extension provides equal opportunities in programs and employment.