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