

wts Informational Brief

Boosting the Immune System Through Exercise

Regular exercise supports cardiovascular health, lowers blood pressure, helps control body weight, & protects against many diseases. The most direct impact of exercise on the immune system is likely in the promotion of good circulation, facilitating an efficient flow of the immune system's cells and substances throughout the body.

Finally, exercise helps to reduce stress & promote sleep, both of which are essential to maintaining a healthy immune system.

Resources for Free Online Workouts

LES MILLS: HIIT, BodyCombat, and Dance Workouts.

[Click here.](#)



The Ready State, Kelly Starrett. Mobility, Injury Prevention

[Click here.](#)



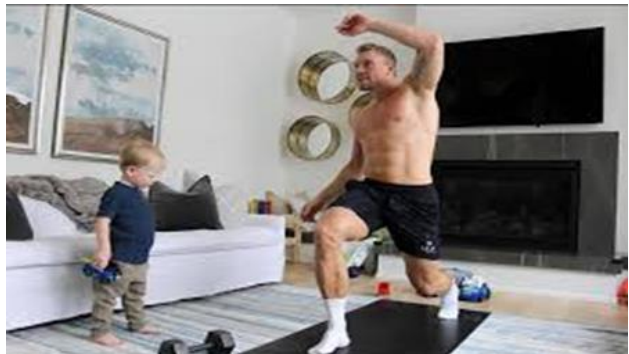
Yoga with Adriene: Yoga, Meditations

[Click here.](#)



Lean Squad: Home workouts, fast, family friendly

[Click here.](#)



Walk at Home: Aerobic-style group class, low impact.

[Click here.](#)



Evolve Functional Fitness: Strength workouts, wide variety

[Click here.](#)



[How moderate exercise can help your immunity](#)