

Download Immune Function In Sport And Exercise

Regular moderate exercise is associated with a reduced incidence of infection compared with a completely sedentary state. However, prolonged bouts of strenuous exercise cause a temporary depression of various aspects of immune function (e.g., neutrophil respiratory burst, lymphocyte proliferation, monocyte antigen presentation) that usually ...Regular moderate exercise is associated with a reduced incidence of infection compared with a completely sedentary state. However, prolonged bouts of strenuous exercise cause a temporary depression of various aspects of immune function (e.g., neutrophil respiratory burst, lymphocyte proliferation)This title is directed primarily towards health care professionals outside of the United States. Designed to help readers understand and evaluate the relationship between exercise, immune function and infection risk, this book presents evidence for the "J-shaped" relationship between exercise load and infection risk. We use cookies to offer you a better experience, personalize content, tailor advertising, provide social media features, and better understand the use of our services.