

Exercises for Immunity

CHAWC

Protect Yourself From Microscopic Invaders

No amount or type of exercise will protect you if you have microscopic organisms on your hands. Wash them thoroughly and often.

Nutrition Is Key

No amount of exercise to build your immune system will work if you do not put the right fuel into your body with nutrient dense food.

Theories For How Exercise Supports Immune Function

- Flush bacteria from lungs and airway
- Causes changes to antibodies and white blood cells in the body, for healthy cellular processes
- The brief rise in body temperature may prevent bacteria from growing
- Slows the release of stress hormones

Exercise Has Proven To:

- Strengthen bones
- Prevent diseases and other illnesses
- Weight management
- Help to manage blood sugars and insulin levels
- Improve mental health

Modes of Exercise

Brisk walking

Bike riding

Jogging

Jump roping

Calisthenics (body weight exercises)

(The key is to get your heart rate into the moderate range and keep it there for 20-30 minutes)



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Level of Exercise to Support Immune Function

Moderate in intensity for 20-30 minutes 5X/week

Moderate Intensity means 60-80% HRmax

$$220 - \text{age} = \text{HRmax}$$

Example: 30 year old

$$220 - 30 = 190 \text{ BPM}$$

$$190 \times .6 = 114 \text{ BPM for low end}$$

$$190 \times .8 = 152 \text{ for high end}$$

In order to check your HR place 2 fingers on your opposite wrist until you feel the beat. Count the number of beats for 10 secs then multiple by 6 or count the beats for 60 secs.

For our example the 10 sec heart beat range should be 19-26 beats.

	Target HR Zone 50-85%	Average Maximum Heart Rate, 100%
20 years	100-170 bpm	200 bpm
30 years	95-162 bpm	190 bpm
35 years	93-157 bpm	185 bpm
40 years	90-153 bpm	180 bpm
45 years	88-149 bpm	175 bpm
50 years	85-145 bpm	170 bpm
55 years	83-140 bpm	165 bpm
60 years	80-136 bpm	160 bpm
65 years	78-132 bpm	155 bpm
70 years	75-128 bpm	150 bpm

Fitness Challenge – Boost your Immune System

Do a brisk walk (or your own moderate intensity home workout) for 20 minutes with your HR in the moderate range. Walk briskly for 5 minutes as a warm up and check you HR

If it is in the moderate rate zone for your age keep it there for another 20 minutes

Check it again after 20 mins.

How did you do? Did you keep it in the zone the whole time?

