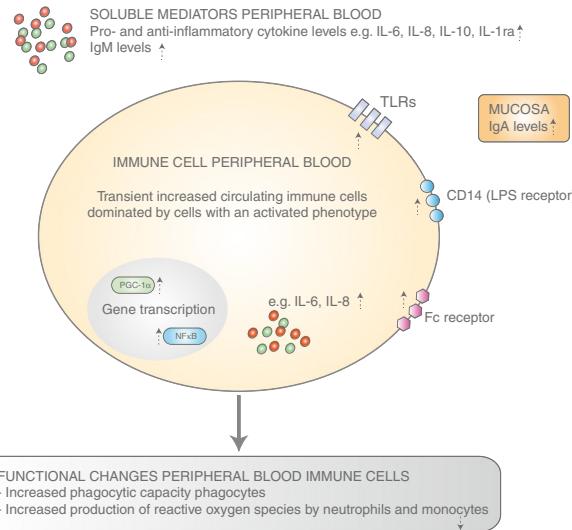


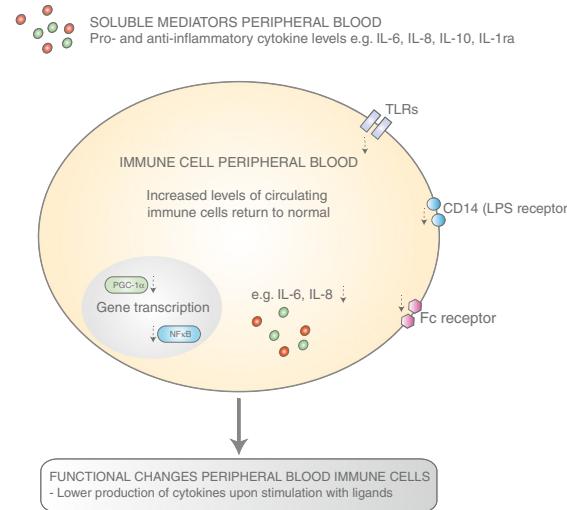
Shortterm changes

Single exercise session: Immune activation and improved immune effector functions



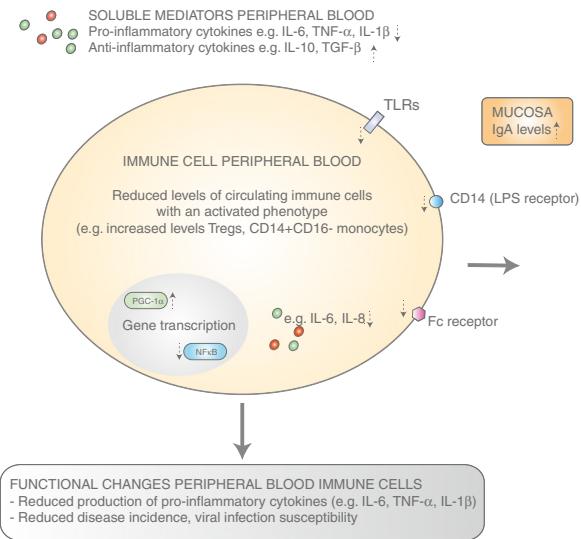
Shortterm changes

Post-exercise: Immunological tolerance and reduced immune effector functions



Longterm changes

Moderate regular aerobic exercise: Immune dampening and improved immune effector functions



..... Exercise-related changes