

Exercise and the Immune System

If the importance of having a strong immune system is top of your mind these days, then packing your mental toolbox full of knowledge on how to do this will help you navigate the post-pandemic world we live in. Did you know that exercise, even ever so light, can play a benefit to a stronger immune system? Here's how:

- Your lymphatic system, responsible for helping to protect your body from illness-causing invaders, is stimulated by moving your muscles and getting your heart rate up. This makes exercise beneficial in the prevention of disease.
- Moderate exercise increases the circulation of immune cells in your body helping it detect future infections earlier.
- The rise in body temperature during exercise may stop the growth of bacteria and helps the body fight infection.
- Exercise contributes to better sleep quality and better sleep leads to a stronger immune system.
- Exercise lowers the risk for cardiovascular disease, diabetes, and other diseases.
- Exercise reduces stress and depression.
- Exercise diminishes inflammation in the body.

The Penticton Community Centre offers many options to help older adults get their dose of exercise. The swimming pool at the Community Centre is great for those looking for low impact movement. Swimming, water walking and aquafit are excellent options for all ages and mobility levels. Best of all, you can reward your efforts with a relaxing soak in the hot tub, steam room or sauna after your workout.



If staying on dry land is more in your zone, the fitness room at the Community Centre has a wide variety of cardio, strength training and stretching equipment and much of it is design specifically for, or is adaptable to, the 50+ population. Not sure where to start? Our friendly fitness staff are on hand and ready to offer you a Fitness Room orientation, personal training sessions or custom workout plan to suit your abilities and goals.

Looking for something a bit more social? Try a group fitness class or drop-in sport! Our group class instructors are happy to modify exercises (if necessary) to adapt to your specific physical capabilities. Yoga, tai chi, zumba, pickleball and 55+ volleyball are just a few examples of the programs offered.

Keep your immune system strong and healthy this year with help from your friends at the Penticton Community Centre. To learn more about what we offer, visit us at 325 Power Street, give us a call at 250.490.2426 or visit us online at penticton.ca/recreation.

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For activity and program options, please visit www.penticton.ca/recreation.

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