



Effects of Sport on the Immune System

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Message from the Guest Editors

Over the last century, human beings have become less physically active, each adopting more and more sedentary habits. This behavioral change has promoted the incidence and prevalence of chronic diseases. In this sense, the regular practice of physical activity can influence the state of health, changing metabolic states and also the immune system. However, the effect of exercise on the immune system can vary. Moderate-intensity exercise appears to have a protective effect, while overtraining, high-intensity exercise, and prolonged strenuous exercise can result in immune dysfunction. The effects of exercise on the immune system are complex and depend on various factors such as age, sex, exercise intensity and duration, volume, frequency, type of exercise, environmental factors and others that can stimulate or inhibit the immune system in a very unique way.

Potential topics include: Exercise and immune; The effect of acute exercise on cell changes and gene expression; The effects of acute exercise on immune regulation; The effect of exercise intervention on immune system and COVID-19; Aging, exercise, training, immune system; Immune responses to exercise in different populations





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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