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## Editorial

# Active Lifestyle and Immune System

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Immunity is the defence mechanism of any organism in which it resists against infections, diseases and foreign pathogens. There are many contributing factors responsible for the performance of an immune system known collectively as life style factors or modifiable factors. These factors comprise of sleep, psychological well- being, diet, nutrition and physical activity. In this review we will discuss the impact of physical activity on health, aging and immunity. The management of immune system through physical activity and it's importance will be also discussed. Although, for a balance immune system, diet and nutrition also have a major role along with physical activity. But in this mini-review our focus will be on the physical activity aspect to enhance and boost the immunity. Sleeping for 8 hours and brisk walk for 20- 30 minutes at least is required along with healthy diet, for an effective immune system. Improper diet or lack of good sleep or physical activity and effect immunity and make a person more vulnerable to diseases and having a healthy lifestyle can help you fight against such conditions. Avoiding junk and fast food and replacing it with organic food helps in positive immune response. Various health related advantages of physical activity on regular basis. It has positive impact on the functionality of immune system. However, we cannot say for sure about the risk of contracting infection as it is still not clear. There are different levels of physical activities and they affect the immune system in a variable fashion. For example, athletes have intensive physical activity which suppresses the activity of many immune cells. On the other hand, some types of immune cells are stimulated by an intermediate physical activity. Hence, there are variables responses of physical activity on immune system regulation in athletes and in common population. These mechanisms that transform an active life style into good immune regulation which means good health, is still under investigation. Future researches are suggested to know the optimal extent of physical activity and training which may affect the immunity in a positive manner.

