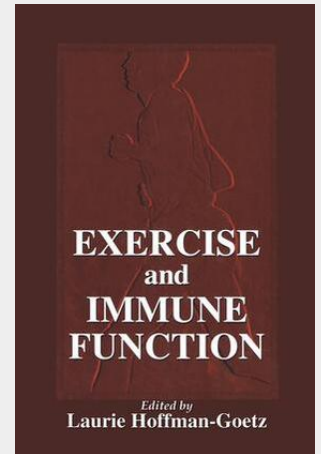


Exercise and Immune Function

In Exercise And Immune Function, leading experts discuss what is known about physical activity and its effects on the immune system. This unique reference describes the science and application of exercise immunology, providing an excellent source of expert information for researchers, students, and practitioners. The impact of exercise on immune function in dieters, in combination with alcohol use, and in the elderly are addressed, and up-to-date reviews on the relationships between exercise and the risk of disease are provided. Anyone in basic medical science, sports medicine, exercise physiology, immunology, and health promotion should have a copy of this book.



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