Resistance training improves immune function.

A single resistance training session temporarily increases the number of circulating immune cells (leukocytes) in the body that help protect against infection. [https://www.researchgate.net/publication/230643818_Immune_Responses_to_Resistance_Exercise](https://www.researchgate.net/publication/230643818_Immune_Responses_to_Resistance_Exercise)

At-Home Activities
Take a break from your daily routine to fit in some strength-focused physical activity!

- Perfect your **crunch, lunge, or push up** form with one of Livestrong’s “How To” videos and then challenge yourself to complete as many as you can in one minute (with good form)!
- No weights? No problem! Utilize items around your home or pantry, such as **canned food**, for added **resistance**!

Physical Activity Resources
- Sworkit ([app](https://www.sworkit.com))
- Livestrong ([Youtube](https://www.youtube.com/user/livestrong))
- Fitness Blender ([website](https://www.fitnessblender.com))

**Exercise Intensity**

<table>
<thead>
<tr>
<th>Intensity</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Low Intensity</td>
<td>Can easily talk and sing without breathing hard</td>
</tr>
<tr>
<td>Moderate Intensity</td>
<td>Can comfortably talk, but can’t sing</td>
</tr>
<tr>
<td>Vigorous Intensity</td>
<td>Can only say a few words before gasping for breath</td>
</tr>
</tbody>
</table>

Adults should perform muscle strengthening activities at least **2 days/week**, while children and adolescents should do muscle strengthening activities at least **3 days/week**!