"Strenuous training improves your immune system"

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"Strenuous training improves your immune system"

The truth is that very intensive training sessions can actually stress your body so much that your body's immune system weakens and is more prone to infection. This is why we should stop training when we are ill, since exercising when our body is weak can only make us worse. Regular training under normal intensity boosts your body's immune system more.

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