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Postexercise immune function dysfunction is most pronounced when the exercise is continuous, prolonged (>1.5 h), of moderate to high intensity (55–75% maximum O2 uptake), and performed without food intake. Periods of intensified training (overreaching) lasting 1 wk or more may result in longer lasting
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An athlete exercising in a carbohydrate-depleted state
experiences larger increases in circulating stress hormones and a greater perturbation of several immune function indices. Conversely, consuming 30–60 g carbohydrate · h⁻¹ during sustained intensive exercise attenuates rises in stress hormones such as cortisol and appears to limit the degree of exercise-induced immune depression.
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exercise stress and immune function within the human athlete.29, 30, 31, 32, 33, 59, 60, 61, 62, 63 Metabolomics, proteomics, and lipidomics have revealed that metabolism and immunity are inextricably interwoven and has led to a new area of research endeavor termed immunometabolism.33, 64 In a typical study
The compelling link between physical activity and the body ... increases in free radical production and subsequent oxidative stress created by high endurance training loads, the impact of endurance training and oxidative stress on immune function, the impact of improving antioxidant status on
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