

# Exercise may boost immune response to flu vaccine

June 16 2022

---



Physical activity and acute exercise offer some benefit for influenza

vaccination response, according to a review published online June 15 in *PLOS ONE*.

Erika Bohn-Goldbaum, from the University of Sydney, and colleagues conducted a systematic literature [review](#) to identify studies assessing the effect of physical activity and acute exercise (single bout of

Citation: Exercise may boost immune response to flu vaccine (2022, June 16) retrieved 15 August 2024 from <https://medicalxpress.com/news/2022-06-boost-immune-response-flu-vaccine.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.