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immature leukocytes into the circulation from the bone marrow and this may contribute to decreased concentration of immune cells. During exercise, the CD4+ to CD8+ lymphocyte ratio decreases, reflecting a greater increase in CD8+ lymphocytes than CD4+ lymphocytes. Percentage of CD3+ cells (pan T cells) was shown to decline during exercise, whereas CD20+ cells (B cells) did not change in relation to exercise. Moderate exercise boosts neutrophil chemotaxis, phagocytosis and oxidative burst activity whereas a high intensity exercise reduces these functions.

#### Probable remedial measures to combat the exercise induced muscle damage and immunosuppression

Exercise induced skeletal and cardiac muscle damage and immunosuppression are normal physiological phenomenon which are potentially detrimental towards excelling optimum performance and delays the process of recovery. Therefore it is of significant scientific

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