

---

\*Corresponding author: Amit Bandyopadhyay, Sports and Exercise Physiology,  
Department of Physiology, University Colleges of Science and Technology, 92, A.P.C.

mature 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 the greater increase in CD8+ lymphocytes than CD4+ lymphocytes. The 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.