

Table 1. *Total circulating lymphocytes and B lymphocytes*

	Total Lymphocytes		Total B Lymphocytes	
	Preexercise	Postexercise	Preexercise	Postexercise
Exercise session	1,581 ± 423	4,900 ± 1,058*	158 ± 69	323 ± 203*
Control session	1,719 ± 259	1,835 ± 353	170 ± 67	184 ± 72

Values are means ± SD given as $\times 10^3$ cells/ml blood. Total lymphocytes and total B lymphocytes were determined by flow cytometry and complete blood counts as described in METHODS. *Significantly different from preexercise and from postexercise control, $P < 0.05$.