Single exercise session in cystic fibrosis:
Improved immune effector functions and a more pronounced immune activation

- Pro-inflammatory cytokine levels e.g. IL-6, IL-8, IL-1β, TNF-α
- Anti-inflammatory cytokine levels e.g. IL-10

Regular moderate exercise in cystic fibrosis:
Improved immune effector functions and immune dampening

- Increased pro-inflammatory cytokine levels e.g. IL-6, IL-8, IL-1β, TNF-α
- Reduced anti-inflammatory cytokine levels e.g. IL-10