

When Illness Strikes, Should You Continue to Exercise?

You have a great workout routine that you've stuck with for months. Or, you're training for an upcoming race. You're in a groove, you look forward to your workout, and bam! You get sick. So, what do you do? Head for the couch? Keep going so you can get all the immune boosting benefits of exercise? What's the right answer?

It depends on your symptoms. Here's some information so you know when to push on, and when to back off.

Symptoms

Sore throat, nasal congestion, runny nose, sneezing

What to do:

Push on! You can still get a good calorie burn. Just take it a little easier than you normally would.

Symptoms

Fever, body aches, stomach cramps and/or vomiting

What to do:

Back off! Give your body time to rest and recover. Wait approximately 48 hours after your symptoms subside to start working out again.

Basically, if your symptoms are above the neck and you don't have a fever, you can continue to hit the gym. Symptoms below the neck accompanied by a fever? Stay on the couch. Just remember, it's important to listen to your body. Even if you just have a common cold but you feel you're in need of some rest, go ahead and take some time off until you feel better.

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