

TRAINING TIP OF THE WEEK

AM I TOO SICK TO EXERCISE?



With the cold and flu season upon us, a common question from athletes is "Can I exercise when I'm ill?" Some have thought it best to "sweat out" a cold or flu, however, exertion when sick could be doing more harm than good. While regular and moderate exercise such as light jogging has been shown to boost the immune system, more

vigorous training or competition suppresses the immune system for up to 24 hours after exercise. Immune system suppression may lead to a worsening infection such as pneumonia, bronchitis, or even an infection of the heart muscle called myocarditis that can be life threatening. One easy piece of advice to remember when determining whether to exercise during an illness or not is the "neck check". If your symptoms are mild and isolated to the neck and above, such as a runny nose or sore throat, then you're probably ok for light to moderate workouts. If the symptoms are below the neck, including: fever, muscle ache, productive cough, or diarrhea, then consider holding off and rescheduling your workouts. Remember to keep up with hydration and nutrition when ill, because this will get you back to peak performance quicker.

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