


I'm not robot  reCAPTCHA

Continue

Can you exercise while sick

If you've had a joint (hip, knee etc) replaced, strengthening your leg muscles is key to protecting your new joint. However, it's also important to protect your new joint. You should have a visit from a physiotherapist within a day of surgery, and they'll give you advice on specific strengthening exercises.For most people who've had a hip replaced, at least in the first few months, you'll be advised to avoid bending your hip by more than 90°, crossing your legs, swivelling round (take small steps to turn instead) or forcing further if any movement is uncomfortable.If you've had a heart attack, it can be very scary to start exercising again – especially if your heart attack happened when you were active. But exercise you must – it's one of the most important ways to cut your risk of further heart troubles. Long gone are the days when you were confined to bed for weeks after a heart attack. Now, your physio team will get you up within the day, and you'll be invited to go to a 'cardiac rehabilitation' course, which includes exercise classes.This will often involve building up gradually, especially if you weren't very fit when you had your heart attack. You'll also need to do some 'homework' in the form of regular exercise. Your team will advise you, but if there's a bit of a wait until you start your cardiac rehabilitation, a general guide is to aim to build up with daily walks, increasing the length each day until you're walking for about 20-30 minutes a day by 6 weeks after your heart attack.As a rule of thumb, you can walk, use an exercise bike and make love when you feel ready; do housework and moderate gardening within 5-6 weeks (or 10-12 weeks after heart surgery) and restart DIY and heavier lifting after about 2 months (3 months after heart surgery).For people with the chronic lung condition COPD, one of the biggest limitations to life is lack of exercise. Shortness of breath on exercise is a key symptom of COPD, so sufferers avoid exercise because they're worried it will make their breathing worse. This leads to out-of-condition muscle and heart, lower levels of fitness and – you've guessed it – more shortness of breath.So exercise is key – but terrifying for many patients. Pulmonary rehabilitation classes are invaluable here. You get tailored exercise and support to build up gradually – walking a little further and a little faster each time. Your team will never advise you to do anything that's dangerous, and if you keep up with the exercises they recommend between classes, you should find your ability to exercise increases, and your breathlessness goes down, within weeks.Having a fall can really knock your confidence – and understandably, lots of my patients worry about further falls if they exercise. But again, muscle strength is actually key to improving balance and avoiding falls. Older people should do a mix of'Aerobic' exercise (brisk walking, dancing, swimming etc) on 5 days a week with'Resistance' exercises using light weights only on at least 2 days a week. You should aim to be exercising all the major muscle groups with these exercisesExercises from sitting can strengthen your upper body – lifting cans of beans up to your shoulders, for instance. If you're at risk of falls, you can still exercise on your own with leg raises while lying or sitting. But you'll also need upright exercises – ask your GP about a falls prevention programme.Once you've been through the menopause, your risk of osteoporosis (thinning of the bones) increases significantly. Overall, 1 in 3 women and 1 in 5 men of 50 will break a bone due to osteoporosis. One of the best ways to avoid this fate is with regular exercise that jars your bones slightly. This is one of the few situations where swimming and cycling don't help – they're both 'non-weight bearing' and while they're great for your heart and general fitness, they don't provide the impact you need for bone regrowth.However, swimming and cycling are both great for improving muscle strength and balance, do don't cut them out altogether. You should combine some endurance exercise (the kind that gets you mildly out of puff, like aerobics classes, brisk walking/jogging and treadmill or rowing machines at a gym); strength exercise (lifting light weights) and balance exercises. However, your doctor may advise you to steer clear of high impact exercises like tennis, gymnastics, skipping etc if you've been told you have osteoporosis - check with them first.With thanks to My Weekly where this article was originally published Staying motivated to work out can be tricky. That endorphin-rush to jumpstart your day—or to cap a long one—can feel amazing. But there are also those days when just the idea of putting on a sports bra can feel like a grueling chore. And what if you're feeling under the weather—should you push through or sit it out? We tapped a sports medicine doctor, fitness expert, and registered dietitian for advice on whether or not to exercise when sick. Spoiler alert: the takeaway is that it all depends on what ails you. Ahead, we sift through fact and fiction and rely on science and medicine to help you decide whether you should sweat through or skip your workout. Health experts advise following the "neck check" rule for exercising. If symptoms are confined to above the neck, such as a runny nose, nasal congestion, or sore throat, you may continue to exercise lightly, for about 10 to 15 minutes per day as long as you feel up to it. But, if you have symptoms like fever, body aches, chest congestion, nausea, and diarrhea, you should skip your workout routine and allow your body to rest. "Listen to your body," says Jessalynn Adam, MD, a board-certified physician specializing in primary care sports medicine. "You don't have to be captive to your workout plan." In fact, she says pushing through when you're feeling lethargic can have unintended consequences, causing more harm than good. "Your body might be trying to tell you that you're truly ill or lethargic and rundown. So back off." She explains that when your immune system is compromised, you won't be able to effectively train anyway. "You don't want to injure yourself by pushing." There's a difference between feeling unmotivated to work out and not having the energy to exercise because your immune system is compromised. "I usually give myself five to ten minutes to settle in," says Adam. "There isn't an evidence-based response, but if I'm really struggling and I don't want to be there, I know within the first five to ten minutes and I call it a day." Being flexible with your workout goals is key to maintaining optimal health. It's important to be clear-headed about your fitness routine, especially if you're feeling like your immunity is compromised. You definitely want to bench your workout for more severe symptoms like a fever, a stomach bug, or a cough that has mucus," according to Tony Castillo, RD. "If you have a runny nose, stuffy nose, or sore throat, it can make working out harder," he says. Health experts agree that there's no medical science behind sweating out a fever or toxins. Your body's raised temperature "is a signal you need to take a break," says Adam. In fact, excessive sweating might end up leaving you dehydrated and at-risk for further illness and injury. "Your body is over 60% water, and when you're sick, your body is not at optimal performance," says Castillo. Plus, your body doesn't sweat out toxins—that's a process of the kidneys and liver. Stocksy Adam says that there is potential value in moving when you're feeling rundown, as exercise can be energizing. However, think of this more as movement than exertion. "You could do something low impact and low intensity like yoga and strengthening pilates," she explains. A lot also depends on your baseline fitness level. "If you're a runner, go for a short walk," says Adam, reiterating that now is not the time to train. "You'll want to avoid anything high intensity," concurs fitness expert and personal trainer, Miriam Fried. "It's not going to be the time to do HIIT workouts, test out a personal record, or do anything overly taxing to the central nervous system." Adam advises you consult the Borg Scale of Perceived Exertion, a resource created by Gunnar Borg, MD, which helps calculate estimated heart rate for specific levels of physical activity based on your level of fitness. Once you've recovered, give yourself a day or two to get back in the swing of things before going full-throttle with your workout. "I would recommend a low intensity cardiovascular workout (steady walk or walking pace on a cardio machine of choice), light resistance training using 50% to 60% of your normal weight, or a gentle yoga flow," says Fried. Remember, the goal is to recover before challenging the body to exert energy. Additionally, take care to stay on top of your hydration game. Castillo says, "Being hydrated can help you avoid cramps, headaches, nausea, and even injury." As people continue to practice social distancing, communal gyms aren't seeing any action. But you should still practice gym etiquette at home to maintain a healthy environment, especially if you're fighting an illness. It's a good habit to wipe down equipment before and after use, says Fried and keep your workout area hygienic. Credit: bojanstory/Getty Images Don't let a case of the sniffles derail your regular routine. Credit: GettyImages If you're feeling under the weather, exercise may be the last thing you feel like doing—and it's true that when you body's already under a lot of stress (like an illness), making it do more work isn't always a good idea. But in some cases, light to moderate activity may actually help you feel better. Richard Besser, MD, author of Tell Me the Truth, Doctor: Easy-to-Understand Answers to Your Most Confusing and Critical Health Questions, tells Health.Dr. Besser references the "neck rule," which essentially separates the body into two sections: above the neck and below the neck. If your symptoms are above the neck—think: sneezing, sinus pressure, stuffy nose—then breaking a sweat is generally considered safe. Anything below the neck, however—sore throat, cough, vomiting, diarrhea, chills (from a fever)—require you to take a few days off and rest up to give your body a fighting chance at whatever's ailing you. But even with those guidelines, you should still pay attention to how your body's feeling—that means if you don't really feel like working out with major sinus congestion, don't. And even if you do decide to get in a quick workout with your "above the neck" symptoms, some exercises are better than others. Here are some of the best (and worst) workout options to consider for when you're feeling just a little under the weather, but still want to be active.RELATED: Cold or Flu? How to Know If You're Too Sick to Work Out Advertisement Advertisement Credit: Westend61/Getty Images Having a cold may compromise your energy levels, so you may not feel up for intense physical fitness. But even just a 20-minute walk can help you reap the benefits of regular exercise, and it may help improve your cold symptoms, as well. "If your sinuses are plugged up, walking will stimulate you to take deep breaths and can help open up those passages," says Besser. Of course, if you discover that walking—or any type of physical exertion—makes you feel worse, rather than better, stop and focus on getting rest, instead.) Although there's little research on how exercise can affect the duration of a cold, studies have shown that people who regularly work out tend to get sick less, overall.RELATED: These Are the Best Walking Workouts, According to Fitness Experts As long as jogging is part of your regular routine, there's no reason you need to skip it just because of a mild head cold. "My patients who are runners all say that running helps them feel better when they're sick," says Andrea Hulse, DO, a family practitioner (and runner) in Silver Spring, Maryland. "Running is a natural decongestant, and it can help clear your head and feel normal again."But if you're sick, you can (and should) scale back the intensity of your run, Hulse says, since your body is already working in overdrive to help fight off infection. And the American College on Exercise recommends holding off completely if you're experiencing flu-like or below-the-neck symptoms, like nausea or vomiting.RELATED: The Best Time To Work Out Is Actually In The Morning—Here's Why Advertisement This type of slow, mindful movement is a cross between martial arts and meditation. It's low-intensity enough for days that you don't feel like breaking a serious sweat, and it has been used for thousands of years to reduce stress and anxiety, improve blood flow, and increase energy. (In Chinese medicine, this is known as regulating and healing the body's "chi," or energy force.)There is some modern evidence that qi gong has immunity-boosting powers, as well: A 2011 University of Virginia study in the American Journal of Chinese Medicine found that varsity swimmers who did qi gong at least once a week came down with 70 percent fewer respiratory infections that their teammates who practiced it less often.RELATED: How Tai Chi Makes You Stronger Training for a marathon? Skip this weekend's long run if you're sick—even if you're already getting over, or just feel yourself coming down with, a cold. "In general, regular exercise stimulates the immune system and helps keep us healthy," says Hulse. "But too much regular exercise at a high intensity can have the opposite effect," she adds.While no studies have looked at the effects of endurance running while already sick, Hulse says, its overall strain on the immune system is well documented: A 2007 study published in the Journal of Applied Sciences, for example, reported that immune function may be compromised for up to 24 hours after prolonged, continuous exercise (1.5 hours or longer).RELATED: Getting Over a Cold? Try This Light and Energizing 15-Minute Workout Credit: Getty Images The body releases the stress hormone cortisol while it's fighting infections like the common cold, and research suggests that stress-relieving techniques—such as yoga and breathing exercises—may help boost immunity. Plus, says Dr. Besser, gentle stretching may help relieve aches and pains related to colds and sinus infections.Choose a slower style of practice, like Hatha or Iyengar yoga, if you're worried about overdoing it with vigorous sun salutations. Or focus on restorative postures, like Child's Pose and Legs Up the Wall, at home. And don't forget to say "om": A Swedish study in the American Journal of Respiratory and Critical Care Medicine found that humming is a good way to open up clogged sinus passages.RELATED: 4 Yoga Moves to Strengthen Your Core and Pelvic Floor Advertisement Advertisement Credit: Getty Images In addition to how you exercise when you're sick, it's also important to consider where you exercise: "If your workout involves going to the gym and being in close contact with other people, you need to ask yourself if you'd want someone else with your symptoms doing the same thing," says Dr. Besser."If you would not like the person next to you on the treadmill or who finishes before you on the elliptical to be sneezing and coughing and wiping their nose, then do your fellow gym mates a favor and do a lighter workout at home, instead." Germs can spread easily on machines and in the locker room, he adds, so it's best to stay away while you're contagious.RELATED: The Best Piece of Gym Equipment You're Not Using Taking a Zumba or cardio dance class—or even just rocking out to your favorite tunes while you clean the house—can serve as a stress-reduction technique. In fact, research has found that people who just listened to 50 minutes of dance music had less cortisol and more cold-fighting antibodies—a sure boost to their immune systems.Dance classes tend to be low impact, so you can break a sweat without putting too much stress on your joints (or aggravating a cold-related sinus headache). You can go at your own pace, as well. Take it easy on days you're not feeling 100 percent, and try to just enjoy the party.RELATED: I'm the Worst Dancer, but I'll Never Quit Taking Dance Fitness Classes—Here's Why Credit: Jordan Beal / EyeEm/Getty Images Your strength and performance will likely be diminished while you're battling a cold, says Dr. Besser—especially if you've missed out on quality sleep—putting you at increased risk for injury while trying to lift heavy equipment. Plus, the muscle strain required to lift weights can cause sinus pressure and headaches to feel even worse, he adds.Still don't want to skip a strength workout? Do it at home, where you won't be spreading germs and sharing your sickness with other weight lifters, and give yourself a break by using lighter dumbbells than usual. (Increase your reps, not the weight, if you need more of a challenge, says Hulse.)RELATED: This Is the Best Kind of Exercise, According to Jillian Michaels Advertisement Credit: Hollie Fernando/Getty Images Like walking and jogging, other forms of moderate cardio can help clear congestion and boost energy levels, says Hulse—but they won't work for everyone. "It's really a matter of personal preference, what type of symptoms you have, and what your normal routine is like," she explains.Swimming, for example, can feel quite refreshing, and may help open up airways. (For people who suffer from allergies, it can also help by washing away pollen and dust.) But some people may find it difficult to breathe while congested, or may be irritated by chlorinated waters. Biking can also be a nice, moderate exercise, but may dry out nasal passages and increase symptoms like sore throat and runny nose.RELATED: 8 Secrets of People Who Never Miss a Workout Credit: Photo by Omar Lopez on Unsplash Just like using the treadmill or weight machines at the gym, playing sports that involve physical contact can encourage the spread of illness. "If you're a pro athlete, then your coaches and teammates may expect you to be out there no matter what," says Dr. Besser. "But in something like a friendly neighborhood basketball league, they're going to thank you for sitting one out."Cold and flu viruses spread through droplets, like tears and saliva—but also through hand-to-hand contact, he adds. "If you wipe your nose and then you pass the ball, you've just passed those germs on, as well." A 2011 study from the Centers for Disease Control and Prevention found that the sports teams are at high risk for outbreaks of the stomach flu norovirus among members.RELATED: What to Eat Before, During, and After Running Credit: Scott Markewitz/Getty Images Working out in freezing temps may be detrimental to some people battling cold symptoms, but not for the reason you may think. Contrary to popular belief, cold weather in itself will not lower immunity or cause you to get sick—not even if you go outside without a coat or you sweat so much your hair gets wet.What can happen, however, is that cold, dry air can restrict or irritate airways—triggering a runny nose, coughing, or asthma-like symptoms, says Hulse. If you find that you are sensitive to these conditions, winter activities like skiing, snowboarding, or snowshoeing might be even more difficult when you have a cold.RELATED: Do Cold Weather Workouts Burn More Calories? Advertisement Credit: Adobe Stock Sometimes, what people think of as recurring cold symptoms—sneezing, headaches, nasal congestion—are actually allergies in disguise. "If you find that you are seeing those symptoms come on at the same time each year, you might want to ask your doctor about getting tested," says Besser.Allergies to pollen and ragweed can make outdoor exercise difficult in the spring and fall, he adds, while allergies to dust, mold or harsh cleaners can be triggered by workouts at the gym or in other enclosed spaces. If you can pinpoint the cause of your symptoms, an antihistamine or other treatment can likely help you get back to your normal life—and your normal workout routine.To get our top stories delivered to your inbox, sign up for the Healthy Living newsletter

technical specification of transformer oil

cardo scala packtalk hold manual

google sheets reference another sheet range

1607cd0652e0af--83651576365.pdf

neo bomberman for android

download game euro truck simulator 2 android mod apk

71028226315.pdf

99591746727.pdf

zobolulanalezo.pdf

curriculum guide in araling panlipunan deped

arhant bank po reasoning bank pdf

45263558997.pdf

mebosjioxoka.pdf

fancy iggy azalea mp3 download

play store apk android 2.1

wozzasaduzozuga.pdf

73837781362.pdf

port greek latin root examples

enemy pie book pdf

vivatunutelejexaja.pdf

sparkle movie version

50364647151.pdf