

# Feeling sick? When to take a break from the gym

January 22 2020

---



Credit: CC0 Public Domain

You just worked out all of the kinks in your workout routine and now... you're sick. What do you do? Do you sweat through it or forsake the gym for a much-needed nap? Follow these tips for working out when

you're sick.

## **Listen to Your Body**

If your symptoms are mild such as sniffles, sneezing or light coughing, you're probably okay to continue your normal routine. Listen to your body, and use your best judgment based on your body's feedback.

If you are experiencing more [severe symptoms](#) like fever, nausea, headaches or diarrhea, the gym is a definite no-go. Exercising with these conditions can make matters worse and cause complications. Consult your [health care provider](#) about your symptoms, and allow time for your symptoms to improve.

Still debating whether or not you should exercise? Follow this simple rule of thumb: only do as much as you're up for. You may feel well enough for a yoga session, but the treadmill makes you queasy. Or perhaps you aren't feeling up for the gym at all, and that's okay. Your body will thank you for squeezing in a couple of extra rest days.

## **Change Up Your Workout**

If your illness is manageable and you still plan to exercise, consider switching up your [workout](#). Low intensity activities like walking, swimming, biking and yoga are great ways to exercise without throwing your system into overdrive. High intensity training such as power lifting, sprints, [team sports](#) and exercising in [extreme temperatures](#) can push your body to the limits, and may cause more harm in the long run. For this reason, try to keep your workouts short, ideally no more than 30-45 minutes, and focus on lower impact options.

At-home workouts are also great for low-intensity and body weight exercises. Plus, you can help prevent the spread of germs that may get

your fellow gym-goers sick. If you choose to go to the gym, do your part to keep everyone healthy. Cough into your elbow or sleeve, wash your hands with soap and water (or use hand sanitizer) and always wipe down your equipment.

## **Be Patient**

If you're experiencing a cold or the flu, chances are your symptoms will be sticking around for a while. Complete recovery usually takes up to 10 days, sometimes longer. For the best recovery and minimal disruption to your routine, we recommend avoiding exercise when your symptoms are at their worst. As your symptoms start to improve you can slowly work up to your normal routine. Start slow, keep your workouts short and give yourself ample time to get back into the swing of things.

Provided by University of Colorado at Boulder

Citation: Feeling sick? When to take a break from the gym (2020, January 22) retrieved 19 January 2023 from <https://medicalxpress.com/news/2020-01-sick-gym.html>

<p>This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.</p>
--