

## A Walk a Day Keeps the Doctor Away

Should you work out when you have a cold? How about if you have a fever? For many avid exercisers, especially beginners who have just managed to make walking a habit, stopping to give your body a rest can feel very threatening. You are afraid that if you stop, you may never start again. But there are certain circumstances when exercise can do more harm than good, especially when you are recovering from an illness like the common cold or the flu.

If you decide to exercise when you are stuffed up, make sure you really check with your body first. Do you feel excessive fatigue? How is your breathing? Does it feel difficult to fill your lungs as you normally would? Make sure you keep track of your pulse, both at rest and while you are working. If it seems unusually high, you might want to consider taking another day off.

If you do decide to take up the challenge, take it slower than usual. For example, even though it may be your day for hills, modify your schedule and keep it flat. If it is a fast pace day, walk at a normal speed instead. Don't try to beat the clock this time. Finally, make sure you drink plenty of water. Hydration is crucial, especially when fighting off a cold. The following is a summary of guidelines you should follow if you decide to walk despite the sniffles:

- Wait until you are in the latter phase of your cold.
- Take your morning pulse; if it is 10 beats higher than normal, take another day off.
- Do a modified version of what you normally would do until you feel better.
- Start out slowly; if you feel okay, pick up the pace gradually.
- Drink plenty of water and make sure you get adequate rest.
- Listen to your body. If it doesn't feel right, then it probably is not.

A simple stuffy nose is one thing, but exercising when you have a fever or other flu symptoms can be more damaging than good. Because a fever indicates that your body is fighting an infection, your immune system is on overdrive in an attempt to suppress the attacking virus. If you go out and exercise at such a time, you are putting even more strain on an immune system already under extreme stress as it attempts to fight off the intruder. Exercising will steal some of the energy away from the task at hand (healing) and could set your body up for a prolonged and more severe attack.

If it is the flu or fever you suffer from, take time off! Wait until the illness has subsided. Be honest with yourself about how your body feels. Pushing yourself when you are not ready will only drag the healing process out longer, setting your goal further and further back.

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### About the Author

Raymond Lee is one of the foremost experts in the health and fitness industry and is a writer specializing in body health, muscle development and dieting. He has spent countless of time and efforts conducting research and share his insightful and powerful secrets to benefit men and women all over the world. He is currently the author of the latest edition of "Neck Exercises and Workouts." Visit <http://www.bodyfixes.com> for more information. Don't forget to subscribe to his minicourse "15 Techniques & Tips Quickly Eliminate Neck Pain."