



To Exercise or Not to Exercise? That is the question

Here are a few tips to help you decide.

You have got a fever:

- Stay home and rest so the body's immune system is battling an infection – it doesn't need the stress from exercise.

You've got a cold

- You might feel miserable however you don't have to rule out exercise. Moderate intensity exercise is okay and doesn't seem to make you sicker. Just take it easier.



You've got the flu

- Head for the sofa, do not exercise. With flu comes a fever so heed the rule not to exercise with a fever.

You've had a recent asthma flare up or chest infection

- If the asthma is back under control – start exercising again gently.
- Skip exercise if you have a chest infection (the fever rule), then start again gently.

You've had a bad night and feel too tired

- Get up and get moving! It can boost your energy and help improve sleep.
- Constant fatigue can be a sign of illness so see your doctor.



Your muscles are sore

- Keep up the exercise – listen to your body and keep it gentle.

You've had a rough week

- Exercise can help reduce stress and boost energy. Start with a gentle walk or exercise – and do more if you feel like it.

Don't rush your comeback

- If you have not exercised for some time, do exercise, but start gently and ease back into it (it takes a lot of energy to keep up muscle strength and fitness and very little time to lose it).

**If you need any advice on what's the best sort of exercise
for you we can help just contact us on**

Ph: (03) 377 5280

Email: admin@tpl.nz

Compiled for you by our physiotherapists

Taken from Web MD feature "When not to Exercise" by Kelli Miller Stacey (reviewed by Louise Chang MD)