

Rest day or chest day?

SOT

Maddy Draper, APRN [pronounced DRAY-per]
OSF OnCall

"For common cold symptoms – runny nose, sore throat, congestion and sneezing – it's perfectly OK to continue working out. We use the 'neck up rule.' So with symptoms from the neck up, it's typically OK to continue. Honestly, you might even feel a little bit better. Anything lower than your neck – a deep cough, shortness of breath and chest tightness – is a sign you want to hold off on working out, especially strenuous workouts. Take it easy instead." (:37)

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"Listen to your body. If you're feeling OK and have a mild cold, you can continue your exercise routine as tolerated. If you're down with flu-like symptoms – fever, chills, body aches and fatigue – you're going to want to just do some stretching or walking. Don't overdo it and do something your body isn't used to." (:18)

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"A lot of time when we're sick, we're sweating. So we want to replace those electrolytes and fluids." (:09)

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"If you're fighting a chest cold, for example, we want you to rest but also stay active. If you're laying around in bed for days on end, you're not getting those deep breaths. The infection can settle in your lungs, and that's typically what will turn into pneumonia." (:24)