

Rest day or chest day?

ANCHOR LEDE

It's advice you've heard plenty: if you're sick, stay home and rest. But, health care providers also want you to be active. A sedentary lifestyle puts you at a higher risk for things like diabetes and heart disease.

So how can we reconcile the two?

TAKE VO

OSF OnCall provider Maddy Draper says you should listen to your body. But generally, if your symptoms are from the neck up, light workouts are OK.

But, stock up on supplies first. Bring a water bottle, tissues and foods that are rich in protein and fiber.

SOT

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

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

VO TAG

A warm, steamy shower or a sauna visit can provide multiple benefits after a "sick workout." Aside from just making you feel good, Draper says they can help relieve sinus congestion.

But the bottom line: if you have symptoms like dizziness, chest pain, shortness of breath or a severe headache, stop the workout and see a health care provider.