You're Sick: Should You Exercise?

If you exercise consistently, you may eventually run into the problem of becoming sick and not knowing if you should continue with your workout regimen. According to the American Council on Exercise, the average adult has two to three respiratory infections every year.

Do a neck check.
The rule to follow is called the neck check. If your symptoms are above the neck, like a runny nose or sore throat, then you're okay to exercise. Always listen to your body and take the intensity of your workout down a bit if your regular pace feels too strenuous.

Exercise can rev you up when you're run down.
If you're suffering from congestion or low energy, exercise may help you feel better. A brisk walk can unclog your sinuses better than an afternoon on the couch. And gentle exercise can rev up your circulation, to counteract that sluggish, rundown feeling.

If you are sick below the neck, take a break from exercise.
If you have any symptoms below the neck, such as body aches, chills, stomach problems or diarrhea, take it easy until you are feeling better. If you're running a fever, no matter what your symptoms are, put off exercising until your temperature returns to normal.

Don’t share your sniffles.
When exercising in a public setting like a gym, consider your fellow exercisers and think about how contagious you might be before you make your decision to go. If you can't get through a single set on a weight machine without sneezing or coughing, you are better off staying home with a box of tissues and some hot tea.

Be considerate of others and always wipe down exercise equipment after you use it and always remember to wash your hands after using hand weights and other fitness tools because many other hands have also touched them.

Prevention is always the best medicine!