

| CATEGORY: | TITLE:   | WRITER:       | DATE:        | FILE NAME:  | DATABASE: |
|-----------|--|---------------|--------------|-------------|-----------|
| exercise  | Adapting Your Exercise Routine to Changes in Your Health | Bettina Marks | Aug 17, 1999 | EX_2004.doc |           |

| DISEASE STREAM |     |    |    |    | GENDER |   |   | AGE RANGE |       |       |       |       |       |     |     |
|----------------|-----|----|----|----|--------|---|---|-----------|-------|-------|-------|-------|-------|-----|-----|
| DIA            | HBP | HC | HD | GH | M      | F | B | 0-9       | 10-19 | 20-29 | 30-39 | 40-49 | 50-65 | 65+ | ALL |
|                |     |    |    |    |        |   | X |           |       |       |       |       | X     | X   |     |

## ADAPTING YOUR EXERCISE ROUTINE TO CHANGES IN YOUR HEALTH

### AFTER THE FLU OR COMMON COLD AFTER AN INJURY

Have you recently recovered from a cold or flu and are you not sure whether to resume your daily exercise or to wait for awhile? It can be a hard judgment call sometimes. "Starve a cold? Feed a fever? Sweat it out? Rest in bed?" Each of you are different and it is important to listen to your own bodies.

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In general, exercise is beneficial. If your immune system is weakened, which would be the case if you have had the flu, you should rest. Often times, exercise can help to rid your system of infectious toxins through perspiration. However, you should make sure to check with your doctor if you have any doubts about when to begin exercising again.

### AFTER THE FLU OR COMMON COLD

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- If you are running a fever with other flu symptoms, it is advisable to rest in bed. After the fever has subsided, you should give yourself a few more days of rest before returning to your exercise routine

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- Begin gradually to get back to your normal level of exertion. Don't overdue it too soon, or you could relapse.

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- Take into account the amount of time that you were sick and abstain from vigorous workouts until your body is back to normal.

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- Exercise can put added strain on your body's immune system

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- Alternate vigorous sessions with an easier pace on alternate days.

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- Make sure to schedule days off when you rest completely

### AFTER INJURY

Have you fallen recently or injured yourself while at work? Did you trip over a rock on that outdoor hike? Accidents do happen. Some of the activities that you may choose to participate in may have inherent danger.

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Before you resume your exercise routine:

- Always consult with your doctor. You may need a specialized rehabilitation program depending upon the severity of your injury. You and your doctor can outline a plan together.
- The old saying that "time heals all wounds" hold true. If you have incurred mild damage from a physical activity you *must* allow time for healing.
- If your joints are swollen, or you have pain in your knees, feet, shoulders, or other joints, cut back on the intensity of your exercise and the frequency.
- Apply cold to the affected area after your workouts and when symptoms flair up. See your doctor if they persist to find out the possible cause and how you can resolve the problem.
- Take a break from your fitness regime and when the pains subside, gradually return to your routine.
- Take measures to avoid the possibility of recurrence.
- Repetitive stress injuries can lead to serious damage to joints, tendons, and ligaments if untreated or allow to persist

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#### **TIP**

Stretching exercises can help to minimize the loss of flexibility and protect you from injury.

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#### **SUMMARY**

It is important to assess the condition of your body at all times and essential to take care when determining how much exertion is appropriate after an illness or injury.

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#### **BIBLIOGRAPHY**

9. American Medical Association

General Health

How to Train Safely And Avoid Injury

American Medical Association Website:

[http://www.ama-assn.org/insight/gen\\_hlth/trainer/safety.htm](http://www.ama-assn.org/insight/gen_hlth/trainer/safety.htm)