



## Fighting a Cold With Exercise?

**Can't afford to miss work due to a cold this year? Go for a brisk walk. (and other simple ideas)**

Multiple studies have shown a 25- to 50-percent decrease in sick time for active people completing at least 45 minutes of moderate-intensity exercise (such as walking) most days of the week, according to David C. Nieman, DrPH, FACSM.

"This reduction in illness far exceeds anything a drug or pill can offer," Nieman said. "All it takes is a pair of walking shoes to help prevent becoming one of the thousands predicted to suffer from the common cold this winter."

If you are already sick and aren't sure whether it is safe to venture out, Nieman offers these tips:

- DO exercise if your cold is confined to your head, such as illnesses with runny noses and sore throats.
- DON'T overdo it. If you have a cold, keep exercise to a moderate-intensity level (like walking). Studies have not shown any negative effects of moderate exercise for those suffering from common colds.
- DO stay in bed if your illness is "systemic" - that is, beyond just the sniffles of a regular cold. Respiratory infections, fever, swollen glands and extreme aches and pains are all good reasons to rest up instead of work out.
- DON'T jump back in too soon. If you are recovering from a more serious bout of cold or flu, gradually ease back into training after at least two weeks of rest.

*Source  
American College of Sports Medicine*



**Other ways to stay healthy**, according to Dr. Vinay Goyal:

While you are still healthy and not showing any symptoms of infection, in order to prevent proliferation (reproduction or spreading), aggravation of symptoms, and development of secondary infections, some very simple steps can be practiced:



**1. Frequent hand-washing**

**2. "Hands-off-the-face"** approach. Resist all temptations to touch any part of your face (unless you need to eat or bathe).

**3. Gargle twice a day with warm salt water** (use Listerine if you don't trust salt). \*H1N1 takes 2-3 days after initial infection in the throat/ nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation. In a way, gargling with salt water has the same effect on a healthy individual that Tamiflu has on an infected one. Don't underestimate this simple, inexpensive and powerful preventative method.

**4. Clean your nostrils at least once every day with warm salt water.** Blowing the nose hard once a day and swabbing both nostrils with cotton swabs dipped in warm salt water is very effective in bringing down viral population.

**5. Boost your natural immunity with foods that are rich in Vitamin C** (citrus fruits). If you have to supplement with Vitamin C tablets, make sure that they also have Zinc to boost absorption.

**6. Drink warm liquids as much as you can.** Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off growing viruses from the throat into the stomach where they cannot survive, multiply, or do any harm.

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