

**Cycling Q & A:
Nov 2005**

Question:

I've ridden my bike when I had a cold, but recently I had a sinus infection along with a slight fever. Should I exercise with a low grade fever?

Answer:

While light exercise during a cold is usually ok, medical professionals do NOT recommend exercise when you have a fever. The body's temperature is already elevated. You should put your body's energy into resting and getting well. Other times to not exercise include:

- You have a persistent cough. This could diminish your lung capacity and make breathing difficult, and could also indicate a respiratory infection.
- You experience nausea, vomiting, or diarrhea which can result in dehydration. You should avoid exercise until you've completely rehydrated your body and the symptoms disappear.
- You have a chronic or serious illness. Be sure to get your doctor's okay before you start any type of exercise program.