

Should you exercise when you are sick?

Despite a mild winter and low incidence of flu in the US this year, there is a lot of respiratory and gastrointestinal illness going around. If you're feeling bad about missing your physical activity while also suffering from a "bug", you can relax and recover. For expert advice on exercise during illness, Dr. Sherry Pagoto interviewed physical therapist and runner Julie Mulcahy, MPT. Sherry is Associate Professor of Preventive and Behavioral Medicine at UMass Medical School and author of the award-winning blog FU Diet: The Science of Weight Loss, Nutrition and Fitness. Here's a transcript of the interview.

Sherry: What symptoms are safe to exercise during?

Julie: If you just have mild cold symptoms and you feel that you have normal appetite and energy, it is ok to engage in mild exercise, such as a light walk. It may be best to avoid vigorous exercise until symptoms completely resolve.

Sherry: When should I definitely NOT exercise?

Julie: Regular exercise of at least 30 minutes per day can strengthen the immune system. However when you

are sick and attempt to exercise it can possibly exacerbate or prolong an illness because of stress on your immune system. If you are fighting illness and overexert you can weaken your body's defenses.. You should definitely not exercise when you have a fever or an infection. If you have nausea, vomiting, or diarrhea, you should also avoid exercise and only proceed when your diet has returned to normal and you are fully hydrated.

Sherry: When I have had the flu or high fever, when is it safe for me to resume exercising?

Julie: It is best to wait until you have had no fever for a few days and no sign of infection before beginning to exercise again. For example, green or yellow mucous from the nose or chest is a sign of infection that you should not exercise during. Your normal diet should have resumed and energy levels should be back. Make sure to drink plenty of water when resuming exercise after illness. Always start with light exercise because vigorous exercise can stress your immune system.

www.fudiet.com

Recipe of the Week: Salmon Patties

adapted from simplyrecipes.com

serves 4

2 6-ounce cans of salmon, undrained and flaked
1 slice of bread, shredded
3 Tbsp. chopped green onion
1 medium garlic clove, chopped
1 Tbsp. fresh dill weed or 1 teaspoon dried
3 Tbsp. minced green bell pepper
1 Tbsp. flour
1 egg
½ teaspoon paprika
pinch of salt
black pepper to taste

1. In a large bowl, lightly beat egg. Add remaining ingredients. Gently mix together
2. Form 8 patties.
3. Heat a non-stick griddle or skillet over medium heat. Cook till nicely browned on both sides, about 3 to 4 minutes per side.
Nice served in a whole wheat pita or on a small burger bun.

Nutrition information:

Calories: 153	Total Fat: 5g	Saturated Fat: 2g
Cholesterol: 76mg		Sodium: 518 mg
Carbohydrate: 9g		Dietary Fiber: 1 g
Protein: 18g		

Tip of the Week: Packing lunch to eat hours later? To prevent soggy sandwiches, pack separate plastic containers or zip-top bags of tomato or red pepper slices, lettuce, and bread, then assemble the sandwiches just before serving. Pack salad dressing in a small container and add to leafy salads just when you are ready to eat. Add moist items such as tomatoes and cucumbers to a grain salad at the last minute, too.

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