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Media Platforms Design TeamCan I exercise when I have a cold?Media Platforms Design TeamIf you have a cold, it's generally okay to work out. A 2004 study found that moderate exercise had no effect on the duration or severity of a cold. So both exercisers and non-exercisers suffered for the same amount of time. But you may feel better if you work out. Exercise releases adrenaline, also called epinephrine, a natural decongestant, which may help clear nasal passages. It may also help you feel better mentally.One caution: Exercise at a lower intensity than normal -- and pay attention to your body. If you start to feel worse, stop exercising and rest instead. High intensity workouts such as running long distances may actually depress your immune system, making you more susceptible to getting sick or increasing the severity of an illness. If you've got the flu, though, skip your workout -- even if it's low intensity. Here's how to distinguish between cold and flu symptoms, and know when it's okay to exercise and when it's not: Exercise okay if you have...runny nosesniffing and sneezingscratchy throatSkip the workout if you have...feverbody aches or headachevomiting or diarrheacheest congestion and a coughselene yeager“[The Fit Chick](#)”Selene Yeager is a top-selling professional health and fitness writer who lives what she writes as a NASM certified personal trainer, USA Cycling certified coach, Pn1 certified nutrition coach, pro licensed off road racer, and All-American Ironman triathlete.[Watch Next](#)

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