

[IMAGE]

Less Colds Following Warm-Ups

Exercise can't cure the common cold. In fact, intensely vigorous exercise, such as running a marathon, lowers the body's ability to fight germs. But moderately active adults may suffer fewer colds than their more sedentary counterparts, according to a recent study in *Medicine & Science in Sports & Exercise*.

The study investigated the number of common colds in more than 500 people of varying activity levels. For one year, researchers tracked these individuals for the number of upper-respiratory tract infections and total moderate-vigorous levels of activity.

The most active individuals in the study suffered an average of 23% fewer colds per year than the least active people. In the fall, the difference was the most noticeable, with 32% less risk for a cold in the most active group. Forty percent of all colds in this study were reported in the fall.

Regular physical activity appears to stimulate our immune systems to help fight off germs, which may reduce risk for future colds. Be sure to exercise regularly, not only for fewer colds, but to boost self-esteem and overall health. Talk to your doctor of chiropractic about the workout that's right for you.

Reference:

Matthews CE, Ockene IS, Freedson PS, et al. Moderate to vigorous physical activity and risk of upper-respiratory tract infection. *Medicine & Science in Sports & Exercise* 2002;34(8), pp. 1242-1248.

For more about the benefits of exercise, go to <http://www.chiroweb.com/tyh/sports.html>.

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