Outdoor Exercise During COVID-19

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**MYTH:**
Wearing a facemask is the most effective way to protect myself from COVID-19 while exercising outside.

**FACT:**
Social distancing is recommended over wearing facemasks while exercising outside.¹

**WHY?**
Masks can create a low-oxygen environment. This can lead to an increased burden on your heart and lungs!¹

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**Exercise can improve your physical and mental health and strengthen your immune system!²**

**Examples include:**
- **BIKING**
- **RUNNING**
- **POWER-WALKING**
- **AT-HOME WORKOUT**

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Bring a mask just in-case!

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