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Should I Wear A Mask While Exercising? Not Necessarily

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SHOULD I WEAR A MASK WHILE EXERCISING?

NOT NECESSARILY



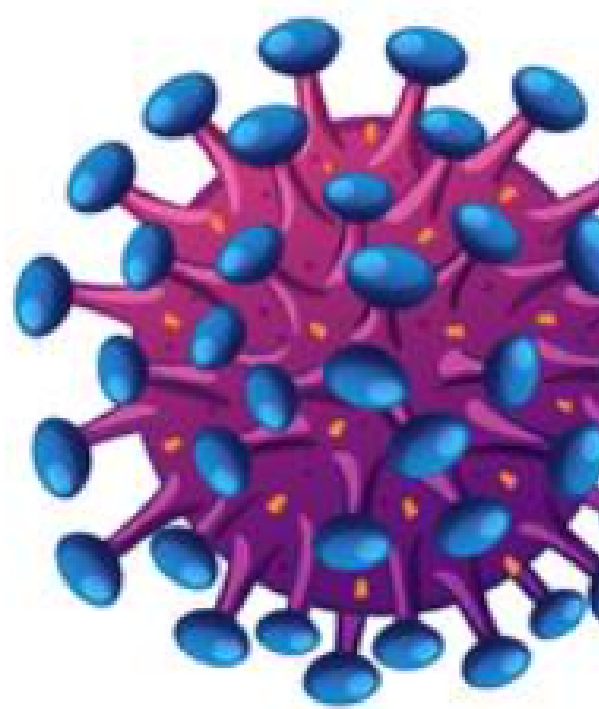
MASKS CAN REDUCE AVAILABLE OXYGEN WITH EXERCISE.

- Masks recycle the air you exhale, increasing carbon dioxide intake
- Cause problems with processes in your body
- Especially neurological processes (can cause passing out)

BUT YOU SHOULD STILL BE EXERCISING!

Regular aerobic exercise boosts your immune system in 3 ways:

- It boosts your immune defenses, decreasing your chance of getting sick
- If you get sick, exercise decreases the severity and length of your sickness



HERE'S HOW TO EXERCISE SAFELY WITHOUT A MASK!

- Social distancing is known to reduce the spread of flu-like viruses
- Exercising outdoors reduces the chance of spread even more
- Examples of exercises to try: Walking your dog, riding a bike, or hiking