**SWEAT it OUT or Get some REST instead**

**SYMPTOMS Above the neck**
- Runny Nose
- Sneezing
- Sore Throat
- Congestion

**SYMPTOMS Below the neck**
- Shallow Breaths
- Body Aches
- Coughing
- Vomiting
- Diarrhea
- Fever

**EXCERCISE**
- YES Walking
- YES Yoga
- YES Swimming
- YES Biking

**EXCERCISE**
- NO Heavy Lifting
- NO Hard Cardio
- NO Team Sports
- NO Endurance Training

**PRECAUTION**
Always consult your physician before beginning any exercise program, especially if you are sick. Be careful if you have a chronic condition like asthma and make your physician and trainer aware of this.

**BE CONSIDERATE**
Always wipe down your equipment so that you don’t spread germs.

For the full article explaining this infographic, visit our blog at www.issaonline.edu