

# SWEAT it OUT or

# Get some REST instead



## SYMPTOMS

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



## 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.



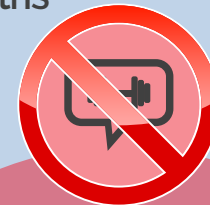
## EXERCISE

- YES Walking
- YES Yoga
- YES Swimming
- YES Biking



## SYMPTOMS

- Below the neck
- Shallow Breaths
  - Body Aches
  - Coughing
  - Vomiting
  - Diahrea
  - Fever



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



## EXERCISE

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