

What to expect when **EXERCISING WITH A FACE COVERING**



It is important to know that wearing a face covering may reduce the amount of oxygen flow to the body. While studies show it is safe for most individuals, be mindful and PAY ATTENTION TO YOUR BODY.

You may experience:

- Increased heart rate or perceived level of exertion
- The need for a longer recovery time to “feel back to normal and fully recovered”

Tips for exercising with a face covering:

- Pay close attention to what your body is telling you and adjust your intensity as needed.
- Take extra time to warm up and cool down.
- If you tend to sweat a lot when you work out bring a second mask with you and replace when it gets damp.

SIGNS YOU NEED TO REDUCE INTENSITY OR STOP EXERCISE:



- Feeling faint, dizzy, or light-headed
- Loss of balance
- Shortness of breath

LEARN MORE AT THESE SOURCES:

<https://www.acefitness.org/education-and-resources/professional/expert-articles/7578/exercising-with-a-face-covering-safety-do-s-and-don-ts/>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>

