



TARGET TIPS

HOW TO EXERCISE WITH SEASONAL ALLERGIES

Spring is in the air, and some people are feeling it more than others. Allergy season can be a painful time to work out when the sunshine and fresh air are competing with itchy, watery eyes and a stuffed nose – but you shouldn't have to stop working out because of your allergies. Here are a few ideas to get you through the season:



METABOLISM MATTERS

Are your allergies distracting you from your routine? Download the CardioCoach app, and let it talk you through your heart rate zones during each phase of your workout. When you are through, you won't only feel more satisfied with the quality of your workout, but you will also be able to see whether you spent your time burning fats or carbs.

Identify your most pesky allergens. Are you allergic to dust mites? Then move your exercise routine outside. Allergic to grass and weeds? Move indoors for a while, or try to exercise somewhere away from the grass, like the beach. Sensitive to outdoor pollutants? Try to exercise at low traffic times and locations.

Keep up your medication. Keep yourself protected by staying on top of your shots and medication. Take your pills or insert your eyedrops right before you leave to workout. However, do not exercise strenuously after an allergy shot – this can lead to serious side effects.

Consider extra protection. To keep pollen out of your eyes, try wearing wrap-around sunglasses. If you're sensitive to breathing in pollen, try using a paper mask.

Watch the weather. Diverse types of weather can affect pollen counts. Check online to see what the pollen counts will be for the day to know how to adjust your workout. Low pollen counts will affect only those with severe allergies, while higher pollen counts affect anyone who has the slightest sensitivity to molds and pollen.

Practice indoors. Just getting started? Practice exercising away from your allergens (i.e. Indoors) while you build up your fitness level – then you won't have to worry about dealing with your allergies until you get on top of your fitness routine.