

## Is Exercise Making You Feel Sick?

By

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(HealthNewsDigest.com) - We've been cooped up all winter, and now that the weather is warming up it's time to be outside riding bikes, walking, running and playing with the kids. But with the beauty of spring comes the nightmare of allergies. "As an life-long allergy sufferer, I've discovered how nasal washes and other simple habits can help alleviate airborne allergy symptoms so that you don't have to hide indoors," says fitness and nutrition expert Lisa Lynn.

A frequent guest on such popular shows as *The Dr. Oz Show*, *The Martha Stewart Show*, *Fox News* and *Sirius Radio*, and a featured author in many health publications including *Fitness Magazine*, Lynn explains that people can easily be sidelined by inhaling allergens including pollution pollen. "When you're walking or running around, you're breathing heavier and breathing in more allergens." Instead of turning to antihistamines, which can make you dry and drowsy, her personal solutions to allergy symptoms include:

- **Be careful about when you exercise.** "You may be able to avoid peak exposure to allergens by exercising in the very early morning or after the sun goes down. If you can only exercise in the middle of the day, do it indoors."
- **Use a nasal rinse twice daily.** Rinses are a safe and natural way to help your body's natural mechanism for clearing sinus pressure and nasal congestion. I'm a big fan of Alkalol Nasal Rinse because it soothes and coats so that allergens are less likely to attach themselves to your nasal passages. It contains a blend of natural extracts and essential oils to help dissolve mucus, relieve nasal congestion and alleviate nasal dryness.
- **Shower before going to bed.** "Microscopic allergens can get onto your skin and hair and clothes. Wash them off before your head hits the pillow so you're not breathing them in all night long."
- **Wear a hat.** "Hats will help keep allergens from attaching to your hair in the first place. As an added bonus, they provide some sun protection."
- **Remember your sunglasses.** "They'll protect your eyes from allergens while you are walking, bike riding or running."
- **Fight allergy fatigue.** "Fighting foreign invaders such as pollen and dust can be physically draining. Consider adding ribose (aka D-Ribose) to your exercise program. Ribose is a natural sugar that our bodies normally make and use in producing energy molecules (ATP), but we can't save them up. Supplemental ribose can be found in some sports nutrition bars, energy drinks and nutritional supplements. Try to get two to five grams at a time."
- **Add more natural energy sources to your diet.** "An orange, for example, digests more slowly than a shot of caffeine, giving you a steadier, cleaner energy boost."
- **Drink lots of water.** "You've probably heard it at least 100 times. Your body needs to be well hydrated to fight off allergies. Drink water before, during and after exercise."
- **Hit the monkey bars.** "Playground equipment isn't all for the kids. Once you're not dragged down by allergy symptoms, you'll have more energy to let loose and have fun. Monkey bars, for example, help your back by correcting your posture."

- **Exercise indoors.** "If your seasonal allergies still get the best of you when you're outside, work out indoors. To make sure you rev up your metabolism, use my Power 30 DVD which gives you a total body workout in less than 40 minutes."

And with your allergy symptoms well managed, Lynn also recommends that you measure your fitness. "Walk for results, don't just mosey. Use a pedometer, or use the timer on your phone to track how long you've been walking. Become a destination walker. Walk to buy your morning coffee, walk to meet friends for lunch. When you walk with a purpose, exercise becomes less of a chore and more just part of your lifestyle."

### **Biography - Lisa Lynn**

Lisa Lynn, PT, FT, is a specialist in metabolic weight loss and performance nutrition.

With 25 years of devoted practice to the fields of personal training and health and wellness, Lisa is a one-of-a-kind expert in metabolic weight loss and performance nutrition. Her education includes four certificates from the International Sports and Sciences Association (ISSA) including Certified Fitness Trainer, Specialist in Performance Nutrition, Fitness Therapy, and Elite Trainer from The Professional Division of ISSA.

Committed to helping real-world people achieve lasting results, Lisa pioneered the Leaner Lifestyle program. From her years of research in metabolic boosting and performance nutrition, the Leaner Lifestyle is a way of life specifically designed to promote healthy fat loss by boosting even the most sluggish metabolisms.

Best known for her 13 years as personal trainer of Martha Stewart, and has appeared on the *Martha Stewart* show more than 25 times. She is also a regular guest as nutrition and fitness expert on NBC's *The Dr. Oz Show*, *FOX News*, *News 8 Connecticut* and Sirius Radio where she has inspired and equipped millions of viewers to lose weight and maintain their results through healthier lifestyles. She writes a featured blog for *The Dr. Oz Show* website and maintains a diverse portfolio of clients including professional body-builders, models, actors, CEOs and real-world people from across the country.

Lisa has also been prominently featured as an expert in *Martha Stewart Living*, *Share Care*, *Iron Man*, *Fitness Magazine*, *Muscle Magazine*, *Muscle Media*, *Physique Forum*, *Performance Press* and *American Health*.

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