

Jakkie, If I am not feeling so hot should I take the day or week off or should I push myself to workout?

Nothing can bring progress to a halt more than when you are sick. We are often asked the question, should I **train** while I am sick? The answer to that question really depends on what you mean by sick. Is it a cold? The fl or allergies? Most people confuse the common cold for the flu. However, these are different types of illnesses. The flu is caused by viruses known as Influenza A or Influenza B, while the common cold is caused by viruses called corona viruses and rhinoviruses. There are over 200 different types of corona viruses and rhinoviruses. If one of them hits you, your immune system can build up a immunity against it. However, you have the rest of the viruses that have not yet affected you to worry about; and there are enough to last a lifetime.

The flu, as you may have already found out by experience, is much more severe for which it has a fever. Therefore, your body's immune system is taxed much more by the flu than by a cold. At this time, training would not only hinder your muscle growth, but it would also be very detrimental to your health. Remember that while training can help you gain muscle, lose fat, feel good and increase energy, it is still a catabolic activity (breaking down of your muscle fibers). The body needs to be healthy in order to go from the catabolic state caused by the exercise to an anabolic state (muscle fiber building). So if you have the flu, your body is already fighting a catabolic state caused by the influenza virus. In this case, training would only add more catabolism, which in turn would negatively affect the efficacy of the immune system against the virus, causing you to get sicker. Therefore, absolutely **no training if you have the flu**. Instead, concentrate on your nutrition and on drinking large amounts of fluids.

Once the flu completely runs its course, you can slowly start up the workouts starting with light weights. Don't push yourself too hard during this first week. By the second week of the program you should be on track. Good luck and get some rest!