**Tip of the week – “Exercising and allowing for recovery when poorly”**

As a general rule, don't exercise when you're sick unless your symptoms are above the neck i.e. colds, coughs etc. (even then you might do better taking a day off). Your body will use its resources to heal itself, not build muscle and endurance, so as difficult as it may be to stay away from the gym, recovery will generally happen quicker when you allow your body to rest properly.