

- Health

Healthy people can wear a mask during exercise: Study

HT City · 11 Mar 2021 · 06

There have been endless discussions on whether one should wear a face mask while working out, amid the pandemic. While some suggest against it, some others support it. Finally, there is no more confusion on this. According to a new study, wearing a face mask during intense exercise is safe for healthy people and could reduce the risk of Covid-19 infection spreading at indoor gyms. The findings of the study were published in the European Respiratory Journal. The researchers carried out detailed testing on breathing, heart activity, and exercise performance on a group. However, while some differences were found in the key measurements analysed while a face mask and while not wearing a mask, none of their results indicated any risk to health.

