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Media Platforms Design Team I love to eat and I used to hate exercising. Not a great formula for weight management. This past year, I decided I needed to change my ways, mainly because I was feeling sluggish in the kitchen. Here's the exercise plan that worked for me: I didn't have the time to commit to a gym or class, so a friend suggested I try the workouts on my cable television's on-demand channel. Genius! Because the programs were free, I could check out all the instructors to find one that I like. I didn't have to leave home and didn't spend more than 30 minutes doing it. Within a few weeks, I felt amazing--energized and slimmer. Then, that on-demand channel disappeared as did its accompanying website. Determined to not stop, I've started exploring other online workout options, including the exercise tips from our magazine. Our nutrition director Sam Cassettey taught me that cardio and strength training exercises are best. She reminds me that exercising doesn't actually give you carte blanche to eat whatever you want even though it can make you hungrier. I try to stick with homemade healthy meals on a regular basis and follow these general guidelines to enjoy my food without overindulging. Sam's greatest piece of advice has been to remind me that I should choose a plan that I can stick with for the long term. So even after this January-resolution-drive wears away, I plan to keep fit with daily moderate exercise and tasty nutritious eating. (YouTube and Hulu are great sources for workout videos!) To see how we create healthful meals in the test kitchen, come on a tour of the Good Housekeeping Research Institute. Media Platforms Design Team Can I exercise when I have a cold? Media Platforms Design Team If you have a cold, it's generally okay to work out. A 2004 study found that moderate exercise had no effect on the duration or severity of a cold. So both exercisers and non-exercisers suffered for the same amount of time. But you may feel better if you work out. Exercise releases adrenaline, also called epinephrine, a natural decongestant, which may help clear nasal passages. It may also help you feel better mentally. One caution: Exercise at a lower intensity than normal -- and pay attention to your body. If you start to feel worse, stop exercising and rest instead. High intensity workouts such as running long distances may actually depress your immune system, making you more susceptible to getting sick or increasing the severity of an illness. If you've got the flu, though, skip your workout -- even if it's low intensity. Here's how to distinguish between cold and flu symptoms, and know when it's okay to exercise and when it's not: Exercise okay if you have...runny nosesniffing and sneezingscratchy throatSkip the workout if you have...feverbody aches or headachevomiting or diarrheachead congestion and a coughselene yeager "The Fit Chick" Selene Yeager is a top-selling professional health and fitness writer who lives what she writes as a NASM certified personal trainer, USA Cycling certified coach, Pn1 certified nutrition coach, pro licensed off road racer, and All-American Ironman triathlete. Watch Next

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