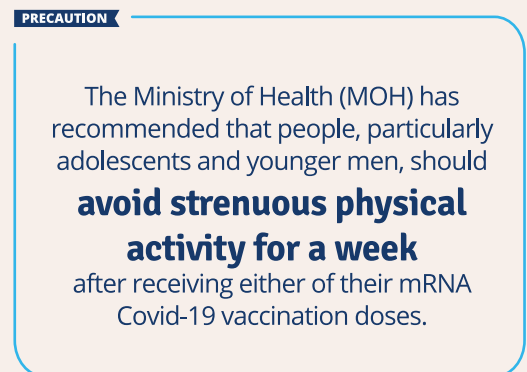
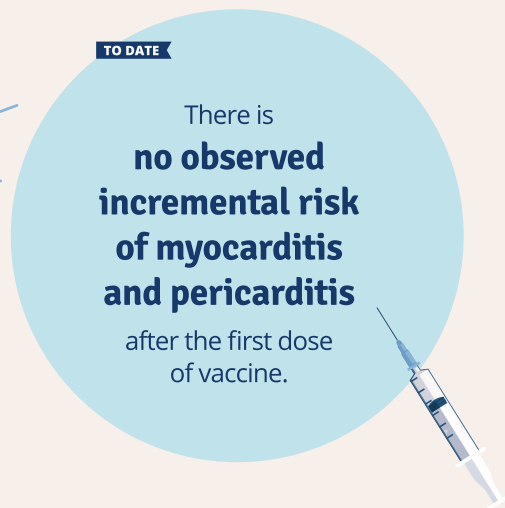
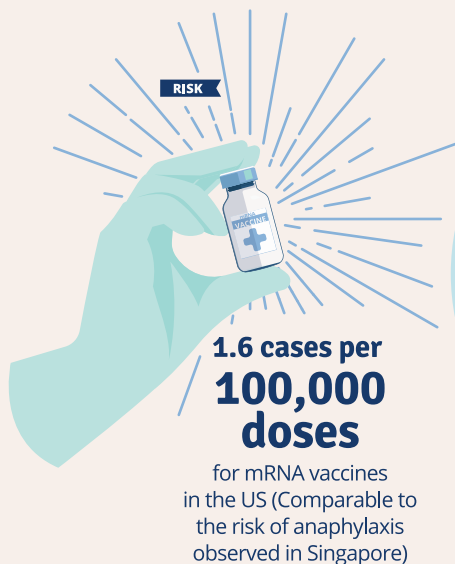


Should I work out after receiving mRNA COVID-19 vaccination?

Reports that the second dose of mRNA COVID-19 vaccines may be associated with a small risk of myocarditis* and pericarditis* in young men have been brought to the fore.



* Myocarditis is inflammation of the heart muscle.

* Pericarditis is swelling and irritation of the thin, saclike tissue surrounding your heart (pericardium).

How do I determine the physical activities to avoid?



Low Intensity:

You can walk and sing while exercising without feeling out of breath.

Examples of light intensity exercises to consider

- Stretching
- Light walking
- Housework



Moderate Intensity:

50-70% of your maximum heart rate (MHR), calculated by $220 - \text{Age}$

Examples of moderate intensity exercises to avoid

- Weight training
- Brisk walking
- Slow jog (5-6km/hr)
- Cycling
- Swimming

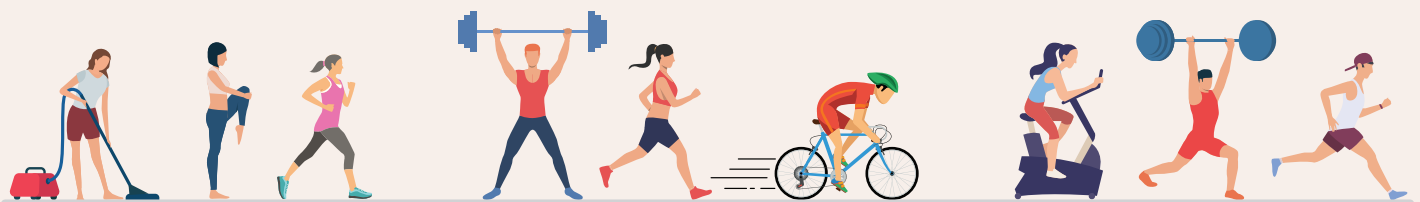


High Intensity:

70% to 85% MHR (OR you are unable to speak in complete sentence during the workout)

Examples of high intensity exercises to avoid

- Circuit training
- Vigorous forms of weight training
- Sprinting
- Increasing the distance of swimming



As we gain more understanding of the potential side effects of the COVID-19 vaccination, it will be wise to take all precautions to avoid complications. On that note, avoiding strenuous exercise after vaccination to prevent potential adverse cardiac event from possible myocarditis is reasonable. This is especially so when we are unable to predict who are the at-risk individuals.



Seek medical attention if you experience any of symptoms such as chest pain, shortness of breath and irregular heartbeat within a week after COVID-19 vaccination.