

Editorial

Pros and Cons of Gym

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Editor

In the gym, after exercise increases your blood and lymph flow as your muscles contract. It also increases the circulation of immune cells.

The demand for gyms is also rising as people become more mindful of their health and the problems that result from living unhealthy lifestyles. Gyms operate in shifts, so it's likely that numerous people will use the same machine or piece of equipment at once. This calls our attention to gym cleanliness.

While working out has many benefits, including weight control, disease prevention and even mood improvement, germs can thrive at the gym. This could put gym goers at risk for variety of skin infections.

Impetigo?

This particular skin ailment is brought on by bacteria. It begins as a red, itchy patch that spreads and oozes, leaving a yellow scab in its wake. By direct physical contact, this can be transferred from one sick person to a healthy person. It usually appears as reddish sores on the face, especially around the nose and mouth and on the hands and feet. Over about a week, the sores burst and develop honey-colored crusts.

Ringworm?

Ringworm is a common skin infection that is caused by a fungus. It's called "ringworm" because it can cause a circular rash (shaped like a ring) that is usually red and itchy. Anyone can get ringworm. The fungi that cause this infection can live on skin, surfaces, and on household items such as clothing, towels, and bedding. This fungus-caused condition spread between people when they touch infected objects or another person. The stinging feeling and intense itching of these patches are unpleasant.

Folliculitis?

Folliculitis is a common skin ailment that develops when a hair follicle is infected or irritated. This illness frequently begins as tiny red pimples and can resemble acne. Folliculitis can affect your face, arms, back, and legs. While doctors treat certain illnesses, others can be managed at home.

Athlete's foot?

Tinea pedis, popularly known as athlete's foot, is a highly contagious foot illness. It is usually contracted in public restrooms and changing rooms, dormitory-style living quarters, locker rooms and public swimming pools, or anyplace your feet come into contact with other people. Athlete's foot is a fungal infection that can be picked up in gyms. One of the best ways to

avoid getting athlete's foot is to shower at home instead of at the gym. However, if you do opt to shower right after your workout at the gym, you should wear shower shoes or flip flops so that your feet are not exposed to the fungi on the floor.

Jock itch:

This usually happens in the groin region. It is also known as tinea cruris and is a fungal infection. It causes itchy, flaky skin which grows to reddish and painful sores.

Influenza?

In a confined area like a gym, there is a higher chance of contracting an infectious infection like the flu. Sweat, sneezes, and coughs all raise the likelihood of infection.

HPV:

Another concern hiding in the gym is human papillomavirus. It creates warts and can be contracted by walking barefoot inside the gym. Plantar warts are a common HPV infection. Also, if someone with the HPV virus wears short shorts and sits on a bike seat, the HPV virus may be passed to the bike seat via their sweat. If you sit on it in your short shorts, you run the risk of HPV infection. Take extra care to clean any surfaces where you may come in contact with someone else's sweat. That includes the seat of your stationary bike, the weight bench, or any other gym equipment. Use a disinfectant spray to wipe down the seat before sitting down.

You can also get scabies from the gym and you can also get E.coli from the gym.

In fact one study found 63 species of bacteria on equipments, hand drills and other surfaces at four Memphis area of gym. In that study, the most common bacteria present were the ones responsible for staphylococcus infections. To become infected with HIV or Hepatitis B and C while playing sports, body fluids such as blood from an infected person would need to enter your blood stream through a significant abrasion on your skin, a bleeding a wound. Your mucus membrane such as in your mouth and eyes.

Inside the gym, avoid sharing your items. Use no one's towels, bottles, or other personal goods, no matter how close you are. Never stroll around barefoot. Infections typically develop in the foot and spread throughout the body as a result of scratching. Clean any machine or equipment before using it. To the gym, bring a pack of wipes and a bottle of hand sanitizer.