

FACE MASKS & EXERCISE

How does wearing a cloth face mask affect exercise performance?



31

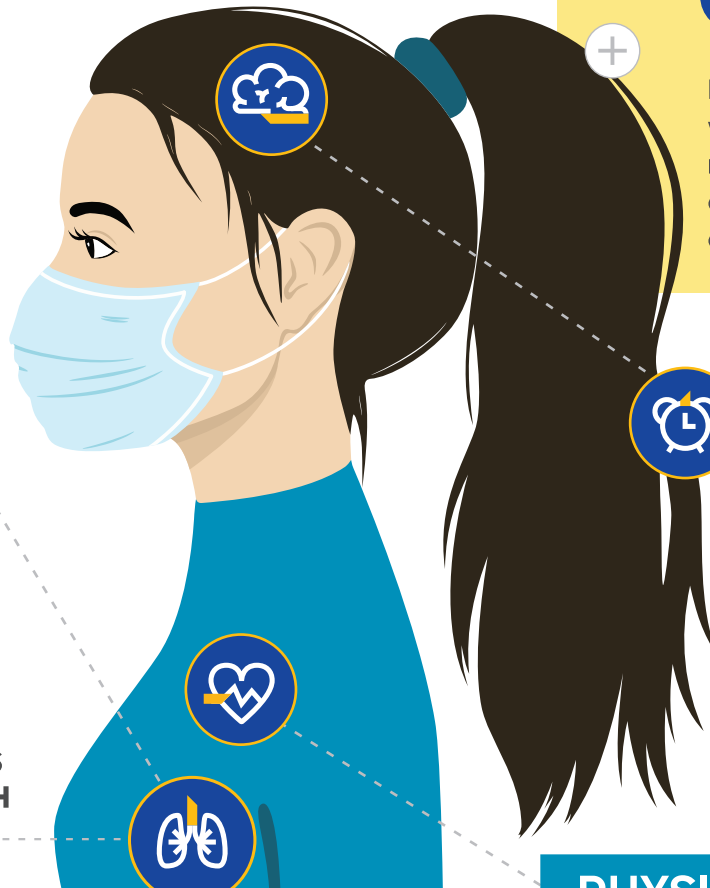
PARTICIPANTS

Researchers at BSW enrolled 32 participants who completed two exercise trials

PSYCHOLOGICAL



People felt like they were working much harder while exercising in a cloth face mask



29%

REDUCED Exercise capacity

Cloth face masks reduced the amount of oxygen people could use during maximum exercise by 29%.

INCREASED SHORTNESS OF BREATH WITH CLOTH FACE MASK

CLOTH FACE MASKS
REDUCED
TIME TO
EXHAUSTION BY

14%

PHYSIOLOGICAL



PERFORMANCE

Coaches, trainers, and athletes should consider modifying the frequency, intensity, time and type of exercise when wearing a cloth face mask.

MODIFY GOALS to reflect reduced performance while wearing a cloth mask

IMPACT ON THE LUNGS

Less oxygen carried in the blood during moderate to vigorous activity with cloth face mask

INCREASED HEART RATE

Participant's heart rate increased when exercising at a high intensity with cloth face mask

