

CADR Certified Air Cleaners Contribute to Indoor Workout Success for Allergy Sufferers

Clean Air Delivery Rate certified air cleaners are a must for allergy sufferers as the cold air extends its reach this winter season and exercise programs begin moving indoors. Cold air can be an asthma trigger, plus cold air is, ...well, cold and uncomfortable for everyone including allergy sufferers. As dust mites, cockroaches, animal dander, and mold begin to crowd exercise spaces, allergy and asthma sufferers will feel the burden of indoor allergens. If not avoided these factors may discourage sufferers from working out altogether.

“Discontinuing your workout because of allergies and/or asthma symptoms is far from the best option,” says Mary Worstell, Executive Director of the Asthma and Allergy Foundation of America. “People need to work out to stay in top health. You should take precautions to eliminate the sources of indoor allergies and seasonal asthma symptoms, instead.” Here are some ways to take control of your environment with measures that will work to inhibit the collection of allergens.

A good start to clearing your workout environment of unhealthy allergens is to clear the air. Air cleaners have been moving into the mainstream market for all health-conscious individuals and have a particular appeal to allergy sufferers. AHAM, the Association of Home Appliance Manufacturers, makes it easy for the consumer to choose the air filter that will be most effective and efficient for each individual. They have developed the Clean Air Delivery Rate (CADR) measurement system which rates air cleaners according to the amount of clean air the product will deliver per minute in cubic feet. The ratings are broken down per allergen (tobacco smoke,

dust, and pollen) and effectiveness is specific to room size. Removing particles of allergens from the air helps make breathing easier during an exhilarating workout.

In addition to purifying the air you breathe, it is important to work to eliminate the primary sources of indoor allergens at their sources. Winter's primary allergy offenders are dust mites, cockroaches, animal dander, and mold.

Dust/dust mites have been shown to affect a majority of sufferers worldwide. Carpets and fabric window coverings in exercise areas should be vacuumed frequently, preferably using a double layered vacuum bag to keep the dust from escaping back into the clean air. Fans and furniture should be wiped using a damp cloth to keep excessive dust from collecting on the surfaces and blowing back into the air. Additionally, indoor humidity levels should be controlled to between 20 percent and 50 percent to discourage the gathering of dust mites.

Although pets are a great source of love, they are also a great source of allergens. Animal dander, flakes of dead skin, play largely into indoor environmental allergies. If you can designate an area of your living space specific to working out, be sure that it is an area that you can section off from household pets.

If your home has uncarpeted areas available, consider the use of plastic workout mats and/or washable throw rugs rather than workouts on carpeted floors. Throw rugs should be washed in hot water at least once every other week and plastic mats should be wiped down with a diluted bleach solution along with any exercise equipment being used.

Houseplants and curtains are other potential sources of mold build up. Sufficient lighting and good ventilation work to keep these items from contributing to allergy suffering.

Inner city allergy sufferers should be careful to rid exercise environments of cockroaches and their waste products. Once the environment is cleared, keep them out by cutting off their food supply. Don't leave food on the counters or in the sink and tightly close off all garbage containers.

The use of an AHAM certified air cleaner along with regular maintenance of work out areas can make the transition from summer to winter workouts a breath of fresh air.

A copy of the Consumer Guide for Room Air Cleaners and a list of certified room air cleaners can be found at www.cadr.org.