

# Masks at the gym: Uncomfortable but not unsafe, study finds

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Wearing a mask while you exercise may be uncomfortable, but a new

study should reassure gym-goers that it poses no actual health risks.

"What we found was, that it is safe to run at peak exercise in both an N95 mask and a cloth face mask," said researcher Dr. Matthew Kampert, of the Cleveland Clinic.

His team looked at 20 healthy people, average age 37, who ran on a treadmill to peak exhaustion while wearing an N95 mask, a cloth mask and no mask.

None of the participants had any [safety issues](#) while working out in either type of mask, and monitors showed no [abnormal heart rhythms](#) or unsafe drops in oxygen.

The main reason participants stopped running was due to mask discomfort, according to the study published online June 30 in *JAMA Network Open*.

Kampert noted that the study did not include people with chronic disease or heart or lung problems, and he recommended that people with underlying [health conditions](#) talk to their doctor about exercising with or without a mask.

People who are fully vaccinated against COVID-19 can exercise indoors without a mask, according to the U.S. Centers for Disease Control and Prevention.

"If they have not been vaccinated, they should continue to wear a mask for their own safety, but those who are vaccinated, they're not required to wear a mask and it's not recommended by the CDC at this point in time," Kampert said in a clinic news release.

**More information:** The World Health Organization explains [when and](#)

[how to use masks.](#)

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