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Exercise and air pollution

Abstract

Regarding the growth of big cities in our country and the importance of physical activity in health promotion of residents of these cities which are challenging in the presence of air pollution, It is necessary for physicians to know briefly about air pollution and its effects on athletes and patients health and give them appropriate recommendations for exercising in air polluted conditions. In this review after defining major air pollutants and their effects on athletes' health and high risk groups such as patients with cardispulmonary problems, children and elderly people, appropriate exercise recommendations at various air quality indexes of each of air pollutants are provided.

Keywords: Air pollution, exercise, Air Quality index

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