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Sabotaged at the gym

Saturday, November 30, 2013

I've learned to disregard the comments about running ruining your knees. I've been doing this for over 25 years.

I ignore the references to flat chested women. I like my "squash-um down" sports bras.

What I couldn't ignore was the burning sensation in my sinuses as I worked out on Wednesday. What could it be? There was a strong, sickeningly sweet aroma in the air. I slowed to a walk on the treadmill.

Finally I saw the culprit. A volunteer was cleaning and polishing all the equipment quite vigorously and using a lot of product. She was proud of her work. Our gym would shine for the holidays

As she got closer to my treadmill, I asked her to stop until I was done and she agreed. She had good intentions after all.

I took a long steamy shower when I got home, gulped some benedryl and used my saline nasal spray, but the irritation triggered post nasal drip, congestion and even a scratchy throat. I'm still dealing with these symptoms 3 days later.

Darn it! Our annual town's 5K is next Saturday and I'm singing in 2 concerts the same weekend. This week will be spent on damage control.

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BOOKWERME

Hope you notify the gym of the problems their cleaning products are causing ...you surely are not the only one affected. Educate them on what works...vinegar water with oil of oregano..just a few drops in the vinegar mixture..is an effective disinfectant.
2752 days ago



DESERTJULZ

Health-related businesses should really be using health-related cleaning products! There are plenty of cleaning products that won't make people ill.
2752 days ago



STAY39

This happens to me all the time at the gym. The guy who cleans in the morning is very





obsessive and up is always moping the treadmills right next to me. Sometimes I feel like he wants me to hop off so he can get mine too. Lol! Luckily the chemicals are not too strong but it still messes with me and is frustrating.
2752 days ago



MARYJEANSL

Wow! Just one more reason to avoid the types of cleaning products in most stores. What an unpleasant thing to happen! I have been trying to switch to natural, safer cleaning products, but they are so much more expensive - you have just given me a great reason. I hope you recover soon enough to run the 5K and to sing without a single problem!
2752 days ago



SLENDERELLA61

So sorry that your healthy treadmill run turned out to injure you. What a bummer! Hope you snap back quickly. The singing and the 5K both sound like too much fun to miss!!!
2752 days ago



CD13374977



2752 days ago



CD13758606

Bummer! I would have had an instant migraine for the rest of the day.



2752 days ago



SMILES4383

Neti Pot ~

Chemicals and other people's bacterial waste left all over the place are the reasons I went HOME to workout. Plus - after the initial outlay of cash for equipment/DVD's ... I find it a much more pleasant atmosphere for fitness.

For me - the HOME GYM was the answer...and I love it.
I'm an am work-er-out-er.... so being here already is great for getting me to work in a timely manner.

Hope you find the answer to your dilemma.
AND best of success on your run next week ~
2752 days ago



BOOKAPHILE

Some things are easier to ignore than others. Sorry you've picked up an irritating "hitchhiker." I hope it will flee before your race and concerts!
2752 days ago



DR1939

That is miserable.
2752 days ago



CD13099273

Gargle with warm water and salt for the scratchy throat and rest I guess - I suffer to from allergies - yuck. Really ,I feel that public facilities should have to clean with environmental safety products. Sorry , that you under weather. Get well soon - Karen
2752 days ago



CHUBBY_MOM

Oh wow, what was she cleaning with? Hope you were able to get some relief from the sinus and throat irritation!
2753 days ago



WATERMELLEN

So sorry that you're dealing with this: sister allergy sufferer/asthmatic!
2753 days ago



CD6254520

But..... you have a plan!!! Many folks dont and thats why they often fail to reach their goals.

Hang in there, you got this one!!!
2753 days ago



CD14270285

Ouch, not the kind of 'injury' one would expect to take home after a hard gym workout. I'm not familiar with volunteers cleaning equipment, but especially during work-out times! Good luck with the singing! (and the race, too)

2753 days ago



TERI-RIFIC

Hope you get better to sing! I can't carry a tune in a bucket but I love to hear other people sing.

2753 days ago



CD12146214

I have used acupuncture for sinusitis and rotten colds with great success. Anyone in your area you could use?

The cleaners at our gym work at night cleaning all the equipment for the exact reason you stated.....too many people are scent sensitive. They do vacuum which is nice to see.

2753 days ago



JSTETSER

Good intentions!
Not always practical.

2753 days ago



ONEKIDSMOM

Ouch! As a fellow-allergy sufferer, I TOTALLY get this. The women who walk around in a cloud of perfume is one thing... cleaning products another... steam cleaners sound better every year.



Good luck with the damage control!

2753 days ago



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