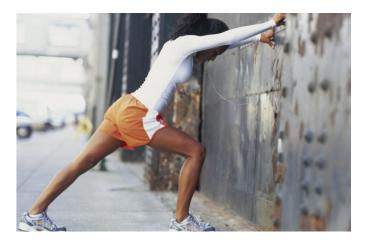




How to Deal With Exercise Headaches Without Giving Up On Your Favorite Workout

By Marissa Miller | December 28, 2018



First of all, you're not imagining it: Exercise headaches are a real thing. Also known as exertion headaches, they're typically caused by "abnormal rapid expansion of the arteries that supply oxygenrich blood to your head," says Elroy Vojdani, MD, IFMCP, and founder of Regenera Medical. The rapid increase in blood flow that happens during a workout, he says, can make the arteries throb and can actually trigger a headache after exercise, he says.

https://www.wellandgood.com/good-advice/headache-after-exercise/