



Bay Area Running/Walking Guidelines by AQI

If you're heading out for a run/walk in the Bay Area, here's how to interpret the Air Quality Index (AQI) to stay safe and healthy:

- **0-50 (Green - Good):** Safe to run outdoors.
- **51-100 (Yellow - Moderate):** Safe for most, but sensitive groups (asthma, heart conditions, seniors, youth) should consider indoor workouts.
- **101-150 (Orange - Unhealthy for Sensitive Groups):** High risk for sensitive groups; moderate risk for healthy runners. Reduce intensity and duration.
- **151-200 (Red - Unhealthy):** Outdoor exercise is not recommended for anyone. Move workouts to a gym or treadmill.
- **200+ (Purple/Maroon - Very Unhealthy/Hazardous):** Avoid all outdoor exertion. Exposure to toxins at this level can damage heart and lungs.

Tips for Bay Area Runners/Walkers

- **Check Real-Time Data:** Use apps like [IQAir](#) or the [AirNow](#) app for local, real-time measurements rather than general forecasts.
- **Time Your Run:** Air quality in the Bay Area is often worse in the afternoon/evening due to increased ozone and wildfire smoke accumulation, so early morning is often best.
- **Wildfire Considerations:** If the air smells smoky, the AQI is likely elevated, even if it hasn't registered in the higher ranges yet.
- **Indoor Alternatives:** Keep a membership at a gym with air filtration or have a treadmill/at-home workout plan ready for red air days.
- **Sensitive Groups:** Anyone with underlying health issues should be more cautious, often considering indoor exercise at an AQI over 100