

People often wonder whether they can wear hearing aids when they exercise. The answer is yes!

Hearing aids can boost communication, safety and fun during your favorite activities.

During exercise, the biggest thing to watch out for is excessive moisture or perspiration—which can damage your hearing aid and invite bacteria growth. While Miracle-Ear hearing aids are designed to repel moisture, you can also wear a sweatband or sleeve specifically made for hearing aids.

If you're worried about dropping your hearing aid, you can use a cord with clip-on to secure it to your clothing.

After each workout, wipe down your hearing aids and use an air blower to remove moisture and debris.

At night, air them out by removing the batteries and leaving the battery door open.

For rechargeable hearing aids, the charger doubles as a dehumidifier.