

Staying **Active** During the **Coronavirus** **Pandemic**

Exercise
is Medicine

AMERICAN COLLEGE
of SPORTS MEDICINE

The coronavirus (COVID-19) pandemic can make it challenging to maintain a physically active lifestyle. COVID-19 is spread by someone sneezing or coughing into the air or onto a surface, and then the virus enters and infects a new person through their mouth, nose or eyes. The most up-to-date information about COVID-19 can be found on the Centers for Disease Control and Prevention (CDC) website: <https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>

Based on what we know about how the virus moves from one person to another, it is recommended to avoid public gatherings and keep a social distance of 6 feet or more. That, along with advice related to personal care (hand washing, not touching your face) has created concern about exercising in gyms, where hundreds of people are in and out every day.

Those at greatest risk for severe complications of COVID-19 are:

- older adults (age 60 and older)
- people with chronic diseases (such as diabetes, heart disease and lung disease)
- those with compromised immune systems (such as those going through cancer treatment or with HIV)

These individuals should avoid gyms altogether and exercise at home or in their neighborhood.

For all of us, young and old, regular physical activity is important for staying healthy! Compared to just sitting around most of the time, ***moderate-intensity physical activity is associated with better immune function.*** Regular physical activity can help ***reduce your feelings of stress and anxiety*** (which many of us may be feeling in the wake of the COVID-19 pandemic).

The Physical Activity Guidelines for Americans recommends 150-300 minutes per week of moderate-intensity aerobic physical activity and 2 sessions per week of muscle strength training. Fit in 2, 5, 10 or 20 minutes, however and wherever you can. Every active minute counts!

On the following page are some strategies to maintain physical activity and fitness.



Stay positive. **Stay active. Be smart and safe.**



Aerobic Activities

Indoor Activities

- Put some music on and walk briskly around the house or up and down the stairs for 10-15 minutes, 2-3 times per day.
- Dance to your favorite music.
- Jump rope (if your joints can handle it).
- Do an exercise video.
- Use home cardio machines if you have them.

Outdoor Activities

- Walk or jog around your neighborhood (avoid crowded spaces).
- Be active in a local park. Spending time in nature may enhance immune function. Be sure to wash your hands when you get home.
- Go for a bicycle ride.
- Do gardening and lawn work (Spring is around the corner!).
- Play active games with your family.



Strength Training

- Download a strength workout app to your smart phone, such as the 7-Minute Workout (no equipment necessary).
- Do a strength training video.
- Perform yoga – deep breathing and mindfulness can also reduce anxiety.
- Find ways to do simple muscle strengthening exercises around your house such as:
 - Squats or sit-to-stands from a sturdy chair
 - Push-ups against a wall, the kitchen counter or the floor
 - Lunges or single leg step-ups on stairs

Don't sit all day! For example: If watching TV, get up during every commercial (or periodically) and do a lap around your home or an active chore. For example, throw some clothes in the laundry, do the dishes or take out the garbage. Feel productive after just one show!

Here are current answers to frequently asked questions about physical activity or exercise and COVID-19:

I'm under quarantine but not infected. Should I limit my physical activity?

There are no recommendations at this time to limit physical activity if you do not have any symptoms. Contact your health care provider if you develop a cough, fever or shortness of breath.

Will exercise help prevent me from getting the virus?

Moderate-intensity physical activity can boost your immune system. However high-intensity high-volume training may suppress immune function especially if you are unaccustomed to it. Balance your workout program.

What if my kids are home with me?

Being active with kids is the most fun of all! Find activities that you can do together – an active gaming video, basketball in the driveway, go for a walk in the neighborhood.

Are there precautions I should take?

The most important strategy to prevent infection is to avoid coming into contact with others who are infected with COVID-19.

What if I start to have symptoms?

If you begin to have symptoms, follow CDC recommendations. As these recommendations are changing, below is a link to the CDC Symptoms webpage: <https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html>

I'm under quarantine and infected. Should I limit my physical activity?

People who are infected, but without symptoms, can continue moderate-intensity activity, but need to use symptoms as a guide. Maintain quarantine to prevent spreading the coronavirus to others. If you develop fever, cough or shortness of breath, stop physical activity and reach out to your doctor or health care provider.



Healthy For Good™

TO BUILD YOUR CIRCUIT, CHOOSE 3-4 EXERCISES FROM EACH LIST:

Alternate cardio and strength exercises in short bursts of 30 seconds and 3 minutes, then repeat the circuit two to three times.



CARDIO EXERCISES

- JUMPING JACKS
- JUMPING ROPE
- JOGGING OR MARCHING IN PLACE
- STAIR CLIMBING OR STEP-UPS
- HIGH KNEES
- MOUNTAIN CLIMBERS
- STAR JUMPS
- BURPEES



STRENGTHENING AND STABILITY EXERCISES

- PLANK AND SIDE PLANK
- PUSHUPS
- SIT-UPS OR CRUNCHES
- HIP LIFT OR BRIDGE POSITION
- TRICEP DIPS ON A CHAIR
- LUNGES
- SQUATS OR CHAIR POSITION
- WALL SITS

CHOOSE YOUR OWN

WORKOUT

Circuits can be a great way to work out without any special equipment.

EAT SMART | ADD COLOR | MOVE MORE | BE WELL

Learn more ways to add activity to your routine at
HEART.ORG/HEALTHYFORGOOD

Gently pull on elbow with opposite hand until a stretch is felt in shoulder.

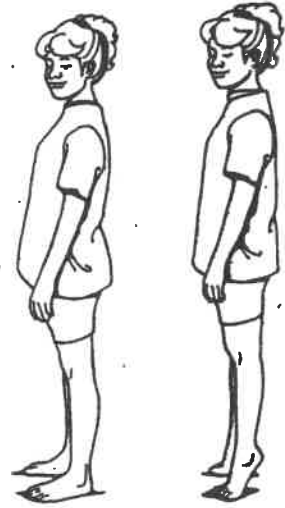
Hold 10 seconds.
Repeat 2 repetitions/set.
Do _____ sets/session.
Do _____ sessions/day.

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Rise on balls of feet.

Repeat 10 repetitions/set.
Do 1 sets/session.
Do _____ sessions/day.



SHOULDER - 71 Inferior Capsule Stretch

Gently pull on elbow with opposite hand until a stretch is felt in shoulder.

Hold 10 seconds.
Repeat 2 repetitions/set.
Do _____ sets/session.
Do _____ sessions/day.

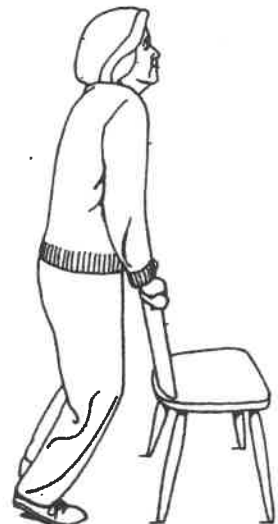
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TOTAL KNEE - 14 Partial Knee Bends

Holding on to stable object, slightly bend knees and slowly straighten.

REPEAT: 5 Times
1 Times a Day



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CERVICAL SPINE - 22 Strengthening

Phase I: Shoulder Shrugs

Shrug shoulders up and down, forward and backward.

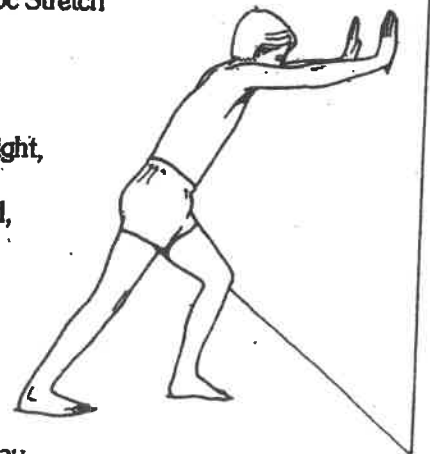
Hold 0 seconds.
Repeat 10 times.
Do 1 times per day.



HIP and KNEE - 41 Stretching: Gastroc Stretch

Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf.

Hold 10 seconds.
Repeat 2 times.
Do 1 sessions per day.



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