Importance of Physical Activity During COVID-19

COVID-19 Stay at Home Order:
• Increases sedentary behaviors
• Reducing regular physical activity
• Increase risks of chronic health conditions
• Adds Stress
• Challenge the mental health of citizens

Physical activity:
• Improves
  • Sleep
  • Depression
  • Anxiety
  • Overall quality of life
  • Bones
  • Muscles
• Reduces health risk of
  • Cardiovascular Disease
  • Type 2 diabetes
  • Some cancers
  • Overweight or obesity

How to stay active during COVID-19:
• Reduce long periods of sitting
• Create regular active routine
• Be active with family and friends online
• Set active goals
• Uses house items as weights
  • Ex: cans, shoes, milk jug

Do NOT exercise if you have:
• Fever
• Cough
• Difficulty breathing

Seek Medical attention and call in advance

Citations: