

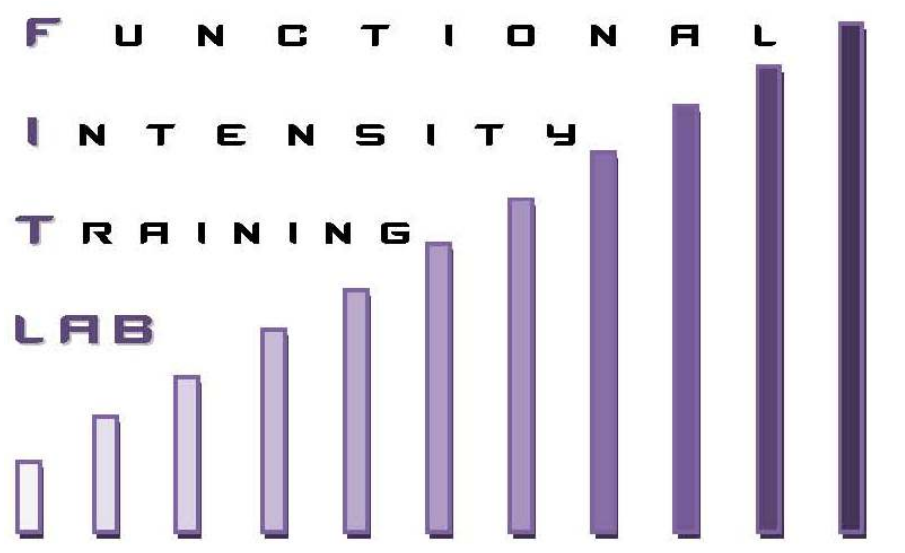
THE IMPORTANCE OF PHYSICAL ACTIVITY DURING SOCIAL DISTANCING; COVID-19

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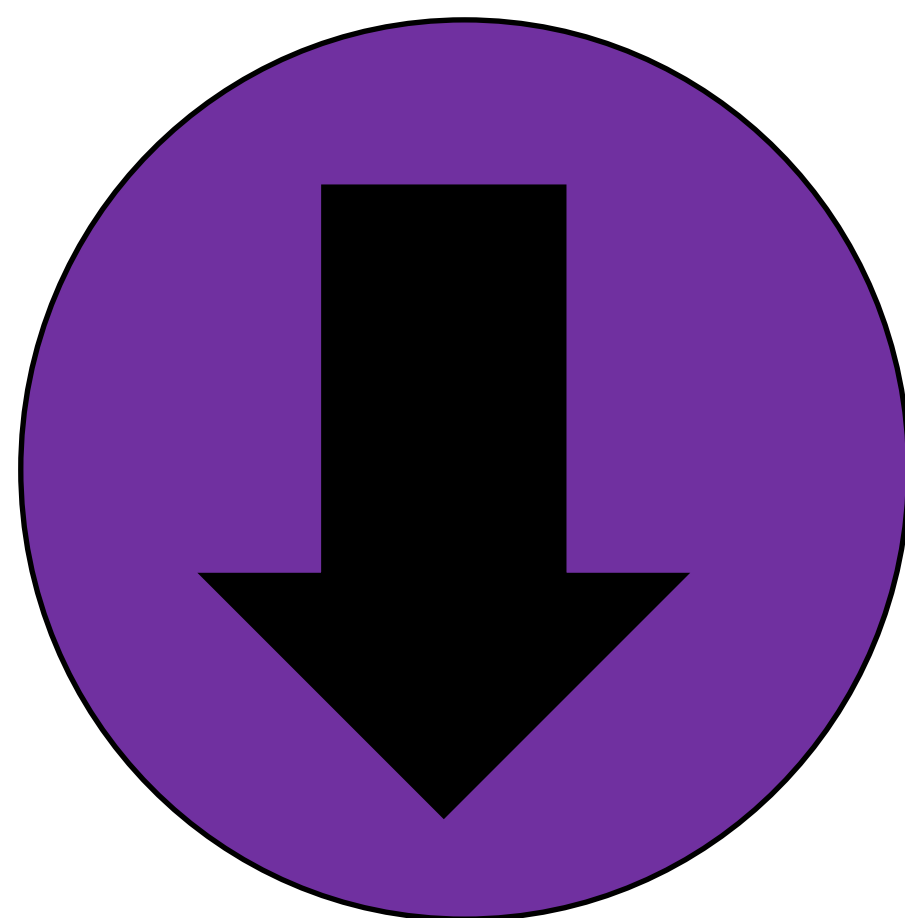
KANSAS STATE
UNIVERSITY



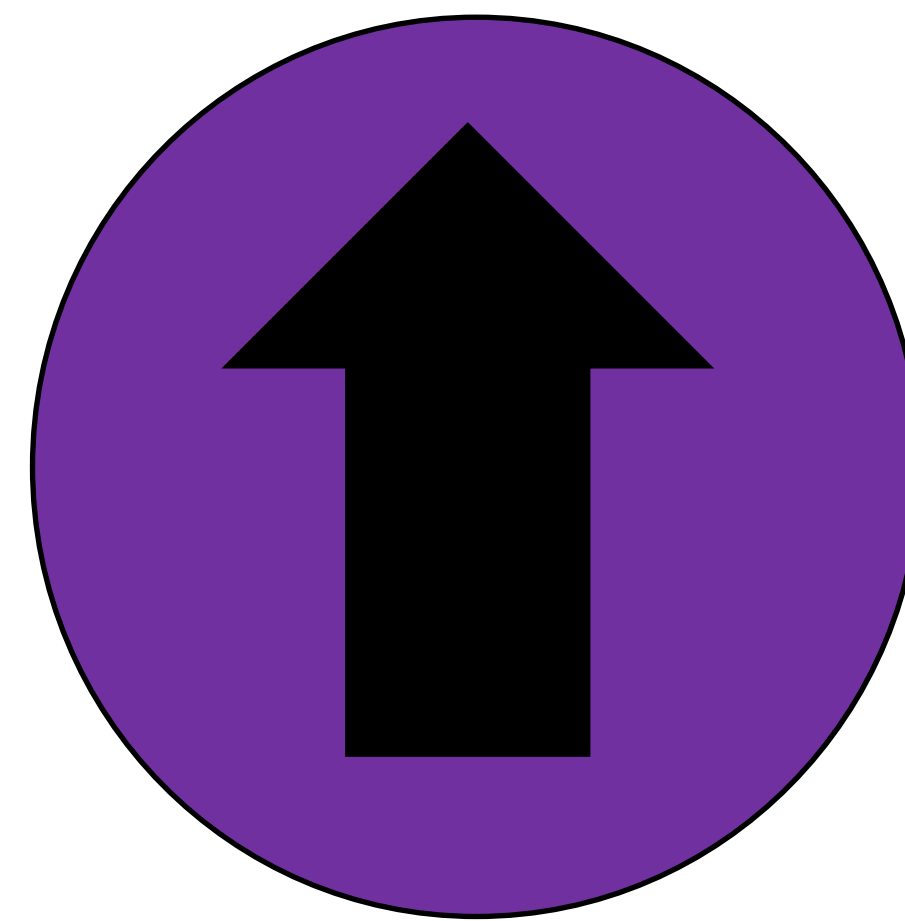
WHAT IS PHYSICAL ACTIVITY?

Physical activity is any bodily movement that is produced by the contraction of skeletal muscle and that substantially increases energy expenditure³

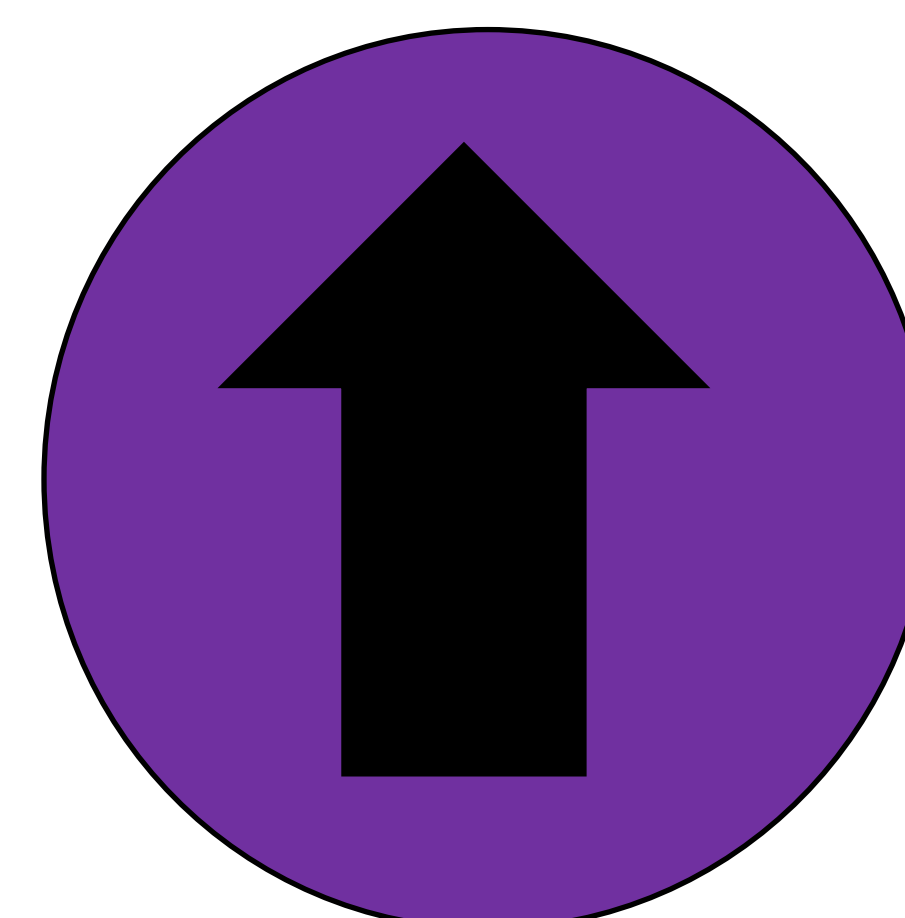
UNINTENDED CONSEQUENCES OF STAYING AT HOME:



Reduced physical activity¹



Increased sedentary time
(i.e. sitting, lying down for
screening activities, or
reclining)¹

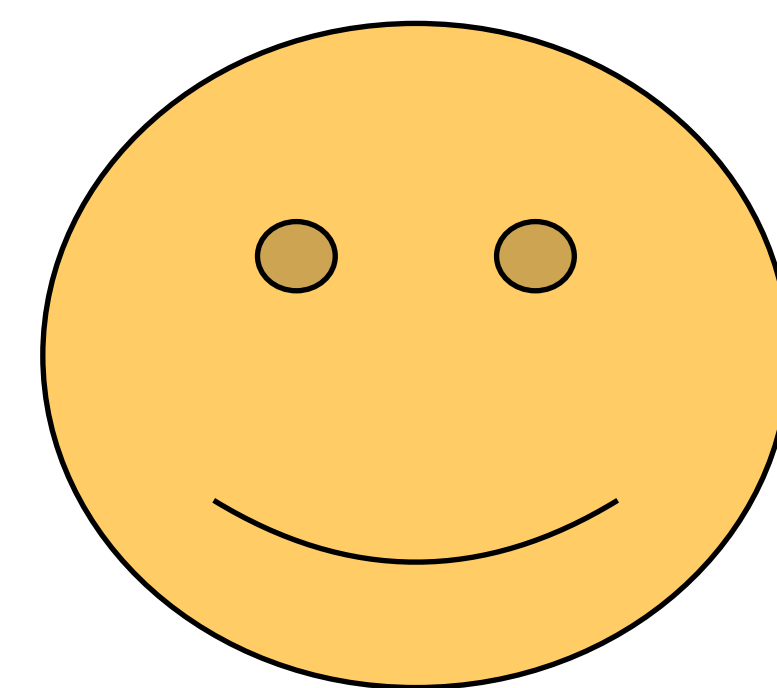


Increased risk for chronic
diseases¹

EXERCISE AND PHYSICAL ACTIVITY BENEFITS:



Physical activity is associated
with better immune function²

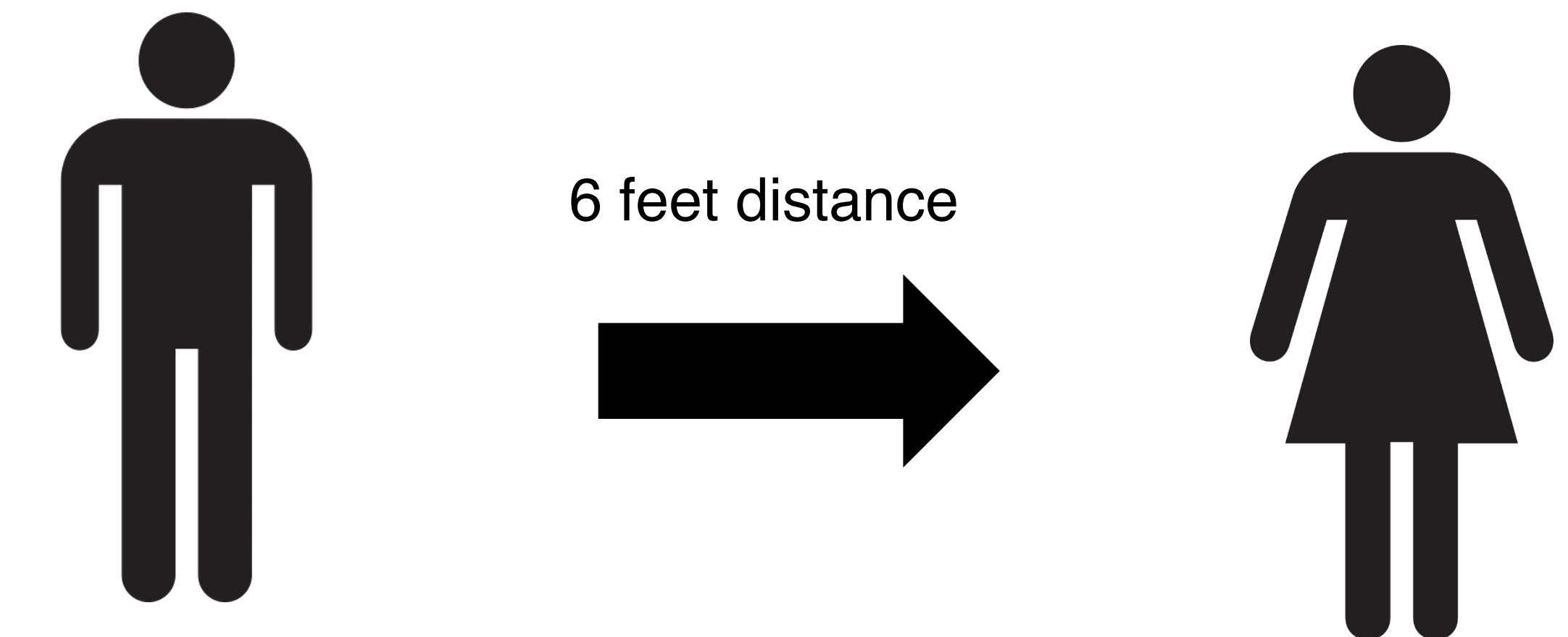


Regular physical
activity/exercise can reduce
stress, anxiety, and depression²



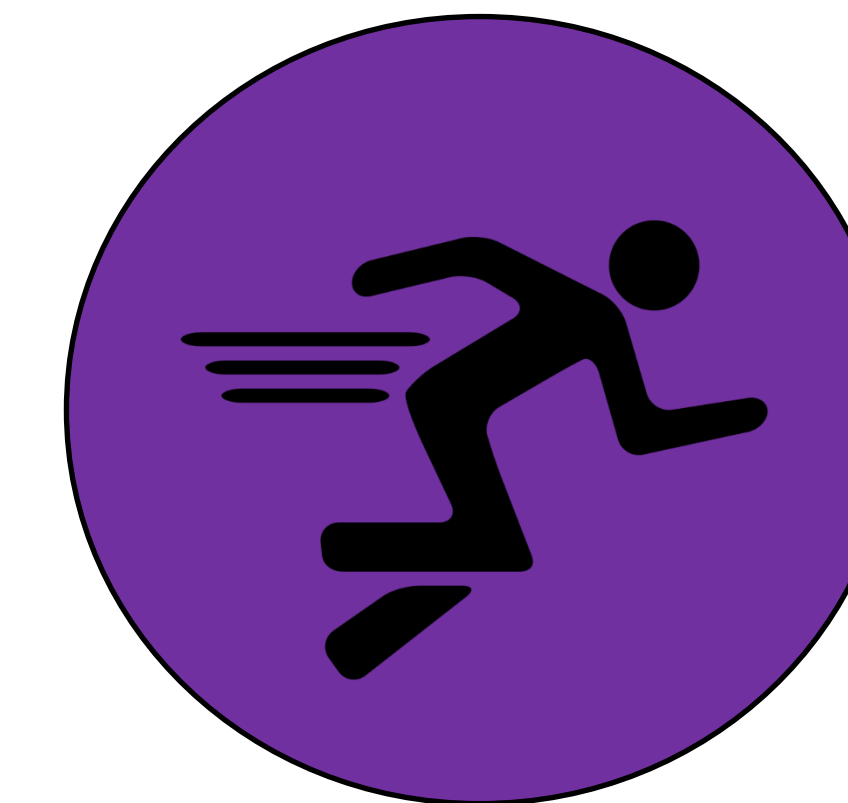
Physical activity is important to
stay healthy!²

IS IT SAFE TO DO EXERCISE/PHYSICAL ACTIVITY OUTSIDE?



Yes, maintain a distance of six feet between one
another and avoid gatherings of more than 10 people.²

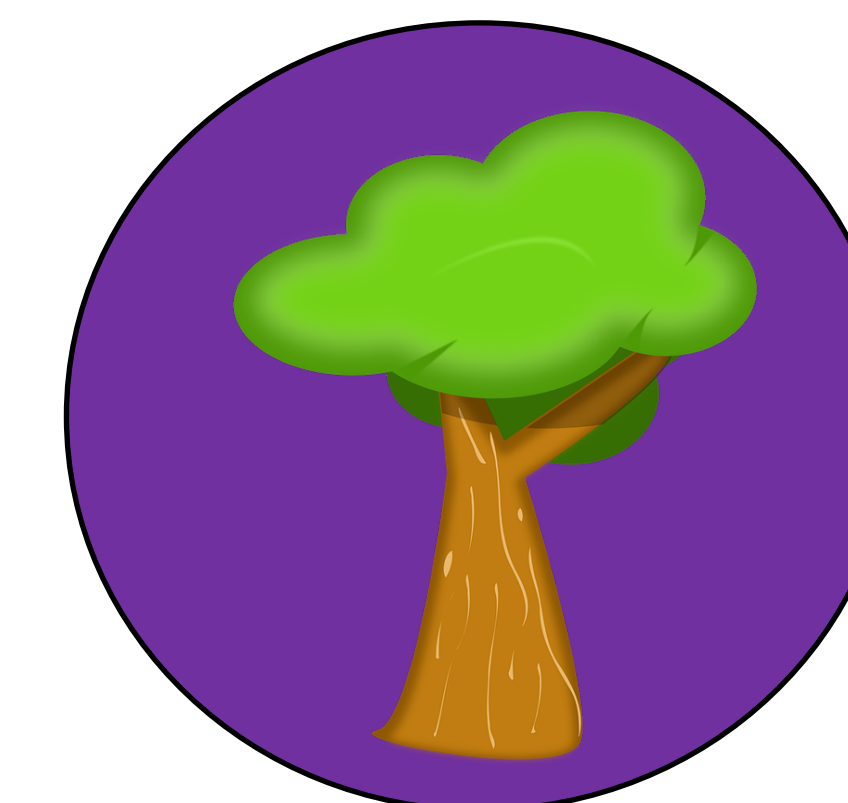
OUTDOOR ACTIVITIES



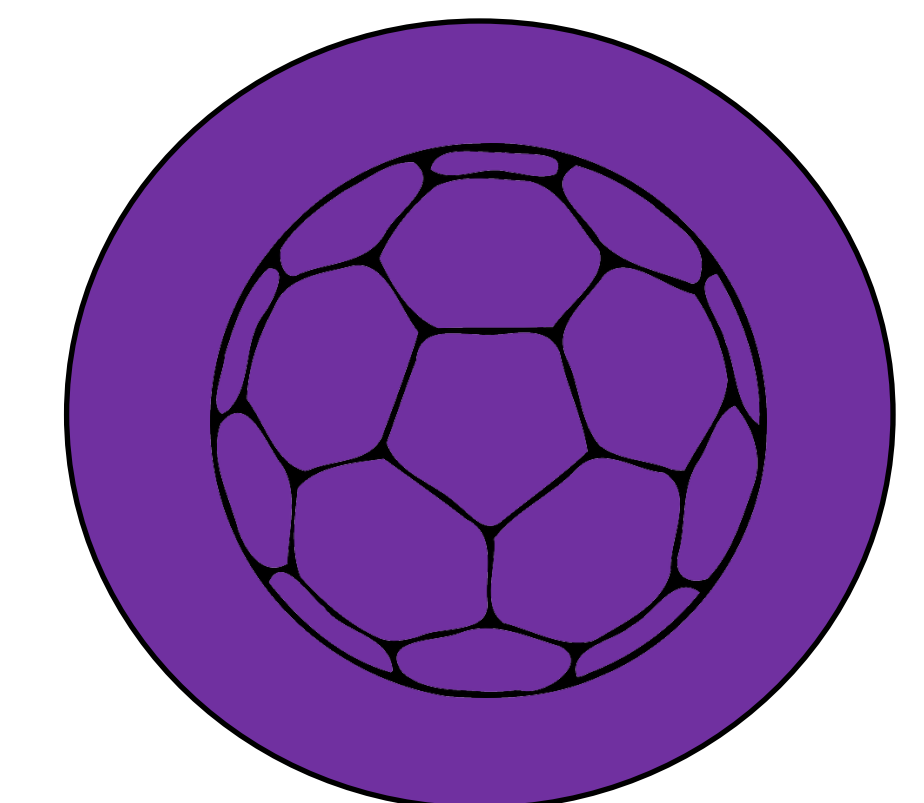
Walk or jog around your
neighborhood (stay 6 feet away
from others)²



Ride your bicycle²



Enjoy nature by visiting
a local park²



Play sports or be active
with your family²

REFERENCES

1. Chen, P., Mao, L., Nassiss, G. P., Harmer, P., Ainsworth, B. E., & Li, F. (2020). Coronavirus disease (COVID-19): The need to maintain regular physical activity while taking precautions. *Journal of sport and health science*, 9(2), 103–104.
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2. https://www.exercisemedicine.org/assets/page_documents/EIM_Rx%20for%20Health_%20Staying%20Active%20During%20Coronavirus%20Pandemic.pdf
3. https://www.cdc.gov/nchs/nhis/physical_activity/pa_glossary.htm
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