

# Moving in-the-midst of COVID-19

## Physical Activity for Mental Health



### *Moderate physical activity* **reduces anxiety.**

Symptoms of anxiety can be reduced immediately following a single bout of moderate to vigorous intensity physical activity!

[https://health.gov/sites/default/files/2019-09/02\\_A\\_Executive\\_Summary.pdf](https://health.gov/sites/default/files/2019-09/02_A_Executive_Summary.pdf)

#### Exercise Intensity

##### Low Intensity

Can easily talk and sing without breathing hard

##### Moderate Intensity

Can comfortably talk, but can't sing

##### Vigorous Intensity

Can only say a few words before gasping for breath

#### At-Home Activities

Take a break from your daily routine to fit in some moderate-to-vigorous physical activity!

- Do **yoga**
- **Dance** to your favorite music or do a dance workout on PopSugar Fitness
- Go for a **walk** or **run** around your neighborhood (*Practice social distancing and wear a protective face covering when interacting with others outside your home*)
- Use a **fitness/workout app**

#### Physical Activity Resources

- Yoga with Adriene ([YouTube](#))
- POPSUGAR Fitness ([YouTube](#))

**Adults** should strive for at least 150 minutes of moderate to vigorous physical activity per week for optimal health benefits, including **2 days/week** of muscle strengthening activities!



# Moving in-the-midst of COVID-19

## Physical Activity for Immune Function



### *Moderate physical activity* **improves immune function.**

Upper respiratory track infections were 43% lower among those who did at least 20 minutes of moderate intensity aerobic exercise on 5 or more days/wk!

<https://doi.org/10.1016/j.jshs.2018.09.009>

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#### At-Home Activities

Take a break from your daily routine to fit in some moderate-to-vigorous physical activity!

- Do a **7-minute aerobic workout** while bingeing your favorite show
- **Dance** to your favorite music
- Go for a **walk or run** around your neighborhood  
*(Practice social distancing and wear a protective face covering when interacting with others outside your home)*
- Use a **fitness/workout app**

#### Physical Activity Resources

- J&J Official 7-Minute Workout ([app](#))
- Fitness Blender ([free website](#))

For optimal health benefits, **adults** should strive for at least 150 minutes per week of moderate to vigorous physical activity, while **children and adolescents** should get **60 minutes per day!**



# Moving in-the-midst of COVID-19

## Physical Activity to Reduce Fall Risk



### *Strength and balance activities* reduce the **risk of falls and fall-related injuries.**

Multicomponent physical activity, such strength, balance, endurance, and gait activities, can reduce the risk of falling and fall-related injuries in older adults!

[https://health.gov/sites/default/files/2019-09/PAG\\_Advisory\\_Committee\\_Report.pdf](https://health.gov/sites/default/files/2019-09/PAG_Advisory_Committee_Report.pdf)

#### At-Home Activities

Take a break from your daily routine to fit in some moderate-to-vigorous physical activity!

- Do **yoga**
- **Balance on one foot** while watching TV
- Follow an **exercise video**, like a Better Bones and Balance® class, to strengthen your muscles
- **Walk heel-to-toe** around the house

#### Physical Activity Resources

- Yoga with Adriene ([YouTube](#))
- Better Bones and Balance® class ([website](#))



**Older adults** should perform balance and strength activities as part of the recommended **150 minutes per week** of moderate to vigorous physical activity. If this amount is unattainable, *do as much as conditions and ability allow!*



# Moving in-the-midst of COVID-19



## Physical Activity for Mental Focus

### *Physical activity improves focus on (home)school tasks.*

Acute and habitual moderate-to-vigorous physical activity can improve attention, memory, and academic performance for youth ages 5-13.

[https://health.gov/sites/default/files/2019-09/PAG\\_Advisory\\_Committee\\_Report.pdf](https://health.gov/sites/default/files/2019-09/PAG_Advisory_Committee_Report.pdf)

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#### At-Home Activities

Take a break from your daily routine to fit in some moderate-to-vigorous physical activity!

- Make an **indoor obstacle course**
- **Ride** a bike, scooter, or skateboard around your neighborhood (*Practice social distancing and wear a protective face covering when interacting with others outside your home*)
- Take a brain-break by **watching an activity video** from Move to Learn

#### Physical Activity Resources

- Move to Learn ([website](#))
- BE Physically Active 2Day videos ([website](#))

Youth ages 6-17 should strive for  $\geq 60$  minutes/day of moderate to vigorous physical activity. **Do it all at once or break it up throughout the day.** Include muscle strengthening activities 2 times per week and bone building activities 3 times per week!



# Moving in-the-midst of COVID-19

## Physical Activity For Depression



### *Moderate physical activity* **reduces depression.**

Adults who participate in steady-state moderate physical activity for 35 minutes on 4 days per week experience significantly reduced symptoms of depression.

Improvements in mood also linger after cessation of activity!

<https://psycnet.apa.org/doiLanding?doi=10.1037%2Fhea0000836>

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### At-Home Activities

Take a break from your daily routine to fit in some moderate-to-vigorous physical activity!

- **Dance** to your favorite songs
- Follow along with one of the videos on the **Sweaty Betty website** or try an audio-based workout on the **Aaptiv** app
- Take a **walk/jog** around your neighborhood  
*(Practice social distancing and wear a protective face covering when interacting with others outside your home)*

### Physical Activity Resources

- Sweaty Betty ([website](#))
- Aaptiv: #1 Audio Fitness ([app](#))

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# Moving in-the-midst of COVID-19

## Physical Activity for Managing Anger



### *Moderate physical activity* **reduces feelings of hostility.**

Adults who participate in steady-state moderate physical activity for 35 minutes on 4 days per week experience significantly reduced feelings of hostility.

Improvements in mood also linger after cessation of activity!

<https://psycnet.apa.org/doiLanding?doi=10.1037%2Fhea0000836>

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### At-Home Activities

Take a break from your daily routine to fit in some moderate-to-vigorous physical activity!

- Go for a **bike ride** in your neighborhood  
*(Practice social distancing and wear a protective face covering when interacting with others outside your home)*
- Download the **Nike Training App** and chose a 5 to 60-minute workout to complete
- Try the **9-minute strength workout** listed below. Don't worry if you're new to strength training, they'll teach you the movements!

### Physical Activity Resources

- Nike Training Club ([app](#))
- New York Times 9-Minute Strength Workout ([article](#))

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# Moving in-the-midst of COVID-19

## Physical Activity to Combat Frailty



### *Muscle strengthening activities combat frailty.*

Strength training is one of the best ways to fight the weakness and frailty that can come with age, according to research at Tufts University.

[https://www.cdc.gov/physicalactivity/downloads/growing\\_stronger.pdf](https://www.cdc.gov/physicalactivity/downloads/growing_stronger.pdf)

#### At-Home Activities

Take a break from your daily routine to fit in some physical activity!



- Do some **body weight squats**
- Try **marching** and **stomping** to your favorite beat to build or maintain bone mineral density
- Do **lunges**, either forwards, backwards, or side to side
- Try a **Better Bones and Balance®** class

#### Physical Activity Resources

- "Growing Stronger: Strength Training for Older Adults" ([pdf](#))
- Better Bones and Balance® class ([website](#))



#### Physical Activity Readiness Questionnaire

1. Has your doctor ever said that you have a heart condition OR high blood pressure?
2. Do you feel pain in your chest when you do physical activity OR during daily activities of living?
3. Do you lose balance because of dizziness OR have you lost consciousness in the last 12 months?
4. Have you ever been diagnosed with a chronic medical condition?
5. Are you currently taking medications for a chronic medical condition?
6. Do you have a bone or joint problem that can worsen from a change in your physical activity?
7. Do you know of any other reason you shouldn't do physical activity?

If you answered **YES** to any of the questions, consult with a physician to get cleared for physical activity.

If you answered **NO** to all of the questions, you are cleared to gradually begin physical activity!

**Adults** should perform muscle strengthening activities at least **2 days/week**, while **children and adolescents** should do muscle strengthening activities at least **3 days/week!**



# Moving in-the-midst of COVID-19

## Physical Activity for Heart Health



### *Physical activity improves* **cardiorespiratory function.**

Physical activity is associated with increased cardiorespiratory function in adults! Even small physical activity increases for individuals new to exercising have high potential of reducing risks for chronic disease and mortality.

[http://www.sportscardiologybc.org/wp-content/uploads/2016/03/BCMJ\\_Vol58\\_No\\_3\\_cardiorespiratory\\_fitness.pdf](http://www.sportscardiologybc.org/wp-content/uploads/2016/03/BCMJ_Vol58_No_3_cardiorespiratory_fitness.pdf)

### At-Home Activities

Take a break from your daily routine to fit in some moderate-to-vigorous physical activity!

- Go for a **jog** in your neighborhood and track your distance with **Map My Run**. See if you can beat your distance on your next run!
- Make fitness fun! Check out **Zombies, Run!** for a thrilling take on aerobic activity.

*(Practice social distancing and wear a protective face covering when interacting with others outside your home)*

### Physical Activity Resources

- Map My Run ([app](#))
- Zombies, Run! ([app](#))

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## Physical Activity for Immune Function



### *Resistance training improves immune function.*

A single resistance training session temporarily increases the number of circulating immune cells (leukocytes) in the body that help protect against infection.

<https://www.researchgate.net/publication/230643818> Immune Responses to Resistance Exercise

#### At-Home Activities

Take a break from your daily routine to fit in some strength-focused physical activity!

- Perfect your **crunch, lunge, or push up** form with one of **Livestrong's "How To" videos** and then challenge yourself to complete as many as you can in one minute (with good form)!
- No weights? No problem! Utilize items around the home or pantry, such as **canned food**, to use for added **resistance**!

#### Physical Activity Resources

- Sworkit ([app](#))
- Bodybuilding.com ([website](#))
- Livestrong ([Youtube](#))

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