

Importance of Physical Activities and Exercise During and After Covid-19 Pandemic

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Abstract

The COVID-19 pandemic means that many people are staying at home and sitting or lying on sofa or chair, more than we usually do during this pandemic. It's very hard for us to do the sort of exercise we normally do regularly. It is very hard for people also, who do not regularly do physical activities. But difficult times like this, it is very important for all of us, for all ages and abilities to be as active as possible. WHO says we activate campaign aims to help you do just that - and we have some fun during the time of regular physical activity's benefits for the body and mind. If we go for exercise regularly we can reduce high blood pressure, manage our weight and reduce the risk of heart disease like, stroke, diabetes, and all types of cancers - all conditions that can increase susceptibility to COVID-19. During this pandemic the benefits of physical activity and exercise have been demonstrated across the lifespan. When we all are adamant to move and many of our body's systems work better when we are consistently physically active. When we go regularly for exercise we are managing symptoms of depression, some research suggest that elevated levels of aerobic exercise may be associated with greater reductions in depressive symptoms. Consider engaging in physical activity one or two times daily that includes brief periods (40-60 seconds) of greater intensity. For children and adolescents, moderate-to-vigorous physical activity and exercise during the day are associated with elevations in self-esteem, improved concentration, reductions in depression symptoms, and improvements in sleep. For older people and among individuals managing major medical conditions, regular walks are recommended for all.

Keywords: COVID-19 Pandemic, Coronavirus, Exercise, Physical education.

Introduction

The COVID-19 pandemic means that many people are staying at home and sitting down more than we usually do during this pandemic. It's very hard for us to do the sort of exercise we normally do regularly. It is very hard for people who don't regularly do a lot of physical activities. But difficult time like this, it is very important for all of us for all ages and abilities to be as active as possible. WHO says we need to activate campaign aims to help you achieve just that - and we should have some fun during the time of regular physical activity which benefits both the body and mind. If we go for exercise regularly we can reduce high blood pressure, manage our weight and reduce the risk of heart disease like, stroke, diabetes, and all types of cancers - all conditions that can increase susceptibility to COVID-19. During this pandemic the benefits of physical activity and exercise have been demonstrated across the lifespan. When we all decide and plan, many of our body's systems work better and we become consistently physically active. When we go regularly for exercise we can manage symptoms of depression, some research suggest that elevated levels of aerobic exercise may be associated with greater reductions in depressive symptoms. Consider engaging in physical activity one or two times

daily that includes brief periods (40-60 seconds) of greater intensity. For some, this might be accomplished through exercise in their homes including jumping jacks, mountain climbers, and sequencing strength training exercises (i.e. standing squats, push-ups, sit-ups). For others, the use of home exercise equipment such as treadmills, elliptical machines, and stationary bikes may be helpful. Strength-training has been shown to reduce symptoms of anxiety for individuals with and without an anxiety disorder. Weightlifting, using exercise equipment or household items (textbooks, canned goods, milk jugs filled with water, paint cans) may help us to reduce the negative effects of stress and anxiety. For children and adolescents, moderate-to-vigorous physical activity and exercise during the day are associated with elevations in self-esteem, improved concentration, reductions in depressive symptoms, and improvements in sleep. For older adults and for individuals managing chronic medical conditions, regular walks are recommended. The benefits of strength training and weightlifting (low weight with high numbers of repetitions) may be even greater in older adults to maintain quality of life and functioning.

How much physical activity is recommended for your age group?

WHO has recommended on the amount of physical activity people of all ages should involve, benefiting their health and wellbeing.

1. Infants under one year of age: All infants should be physically active number of times a day. For those who are not exposed to mobiles yet, exercise like 30 minutes in prone position (tummy time) should be conducted regularly. This floor-based play can be included in physical activities whenever the child is awake, throughout the day.

2. Children under five years of age: All young children should spend at least 180 minutes in a day for a variety of physical activities at suitable intervals and intensity. 3-4 years old children should plan, moderate to vigorous physical activity for a duration of at least 60 minutes a day, atleast.

3. for Children and adolescents aged people 5-17 years: All children and adolescents people should minimum 60 minutes of moderate to vigorous physical activity or exercises in a day. They should include physical exercises, 3 days in a week that can strength muscles and bones. If a person doing more than 60 minutes of physical activity or exercise daily will provide additional health benefits.

4. Adults aged over 18 years: All adults should do 150 minutes of moderate physical exercise throughout the week, or at least 75 minutes of high intensity physical exercise throughout the week. For additional health benefits, adults can increase their moderate-intensity physical exercise to 300 minutes per week, or equivalent. For developing and maintaining musculoskeletal health, muscle-strengthening activities, involving major muscle groups, should be done for 2 or more days a week. In addition, older people with poor mobility should do physical activity to enhance balance and coordination of limbs for 3 or more days per week as per convenience.

Types of physical activities adopted during covid-19

Physical Activity or exercises is defined as any bodily movement produced by skeletal muscles that requires energy expenditure. There are two components to physical activity that need to be considered: like

- **Aerobic fitness activity:** This usually includes moderate to vigorous activity that makes you feel a bit warm and increase in your breathing rate, breathing depth and your heart rate.
- **Strength and balance:** This is often the forgotten component of physical activity but it is an essential part of activity and has many benefits.

During the COVID-19 pandemic it has become more important for all people to be physically active. Even if it is only a short break from sitting at your desk and doing some walking or stretching, doing something as simple as like :-

- Relax mental tension
- Improve blood circulation
- Improve muscle activity
- Create some routine to your day in these unprecedented times.
- Walking
- Play
- Dance
- Gardening
- House cleaning
- Active recreation

Benefits of physical activities

Strengthening and maintaining your immune system and strength; being less susceptible to infections.

- ❖ Reduces high blood pressure
- ❖ Weight management
- ❖ Reduces the risk of heart disease
- ❖ Reduces the risk of diabetes
- ❖ Reduces the risk of stroke
- ❖ Reduces the risk of certain cancers
- ❖ Improves bone and muscle strength
- ❖ Improves balance
- ❖ Improves flexibility
- ❖ Improves fitness
- ❖ Improves mental health
- ❖ Reduces the risk of depression
- ❖ Reduces the risk of cognitive decline
- ❖ Delays the onset of dementia
- ❖ Improves overall feeling of well-being
- ❖ In children physical activity may:-
 - ✓ support healthy growth and development
 - ✓ reduces the risk of disease in later life

Why physical activities are important during the Covid-19 Pandemic ?

Regular exercise is essential for everyone under normal circumstances. However, here are a few reasons why exercise is especially crucial during the COVID-19 pandemic:

- 1. Exercise boosts the immune system:** Research shows that regular, moderate-intensity exercise has immune-boosting benefits that may help your body fight from infections, including covid-19 pandemic.
- 2. Exercise may prevent weight gain:** Exercise can help you burn extra calories caused by dietary changes and off-set the effects of sedentary lifestyle.
- 3. Exercise reduces stress and anxiety:** Exercise is a proven mood-booster and can help adults reduce stress levels and build emotional resilience.

4. Exercise improves sleep: There is evidence suggests that regular exercise helps you fall asleep faster and improves sleep quality and getting a good night sleep has also been found to boost your immune system.

Exercise may be especially beneficial for older adults and people with chronic health conditions, such as diabetes, arthritis, or heart disease. Regular exercise can help to improve balance, flexibility, strength, mobility, and cardiovascular health. Plus, it can boost energy and overall well-being.

How to Stay Safe While Exercising During Covid-19

- ❖ No need for exercise if you have a fever, cough or difficulty in breathing.
- ❖ Keep social distancing when exercising outdoors and Practice good hand hygiene before and after.
- ❖ If you are not able for physical activity, you can start slowly with low intensity activities such as Walking or low impact activities for shorter periods of time and gradually build up over time.
- ❖ Choose the right activity to reduce the risk of injury; the intensity of the exercise should match your fitness levels and health status.

Conclusion

Regular physical activity and exercises benefits both the body and mind. It can reduce high blood pressure, help manage weight and reduce the risk of heart disease, stroke, diabetes, and various cancers – these all conditions that can increase susceptibility to COVID-19. It also improves bone and muscle strength and increases balance, flexibility and fitness. For older people, activities that improve balance help to prevent falls and injuries. Regular physical activity can help give our days a routine and be a way to stay in contact with family and friends. It's also good for our mental health - reducing the risk of depression, cognitive decline and delay the onset of dementia - and improves overall emotional health too.

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