

## Stay Active! Moving in-the-midst of COVID-19.

By: Kirstin Jensen, BSPE, MAED

### Stay Active...Stay Positive

Moderate physical activity reduces anxiety! Symptoms of anxiety can be reduced immediately following a single bout of moderate to vigorous intensity physical activity. How do you know what level of exercise intensity you are participating in? For low intensity you can still easily talk without breathing hard while doing the activity. For moderate intensity you can comfortably talk, but certainly no prolonged conversations or singing as your breathing rate will have increased. For vigorous intensity, you will only be able to say a few words at a time in between breathing hard! So, take a break from your daily routine to fit in some moderate-to-vigorous physical activity! Do some yoga! Dance to your favorite music! Go for a walk or run around your neighborhood...keeping appropriate social distancing of course! Use a fitness/workout App...there are many free workout videos and Apps available online! Adults (18 years of age and older) should strive for *at least* 150 minutes of moderate to vigorous physical activity per week of optimal health benefits, including 2 days/week of muscle strengthening activities (2018 Physical Activity Guidelines, CDC).

### Stay Active...Stay Well

According to the Journal of Sport and Health Science (2019), upper respiratory tract infections were 43% lower among those who did at least 20 minutes of moderate intensity aerobic exercise on 5 or more days per week! Ideas for stay-at-home cardio activities – do a 10-minute aerobic workout while bingeing your favorite Netflix show! Walk or run in-place each time a commercial comes on! Include all of your family members, even the 4-legged ones on your walks/runs!

### Stay Active...Stay Balanced

Strength and balance activities reduce the risk of falls and fall-related injuries. Multicomponent physical activity, such as strength, balance, endurance, and gait activities, can reduce the risk of fall-related injuries in older adults! Practice yoga! Balance on one foot while watching TV...or if you need extra support, practice balancing next to a counter or back of a chair. Walk heel-to-toe around the house...this helps with not only balance but flexibility in the lower leg and foot! As we age, our natural state-of-balance begins to decline, so the importance of focusing on strength and balance activities increases! As an older adult, if you are unable to complete the recommended 150 minutes per week of moderate to vigorous physical activity, *do as much as conditions and ability allow!*

### Stay Active...Stay Focused

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. Take a break from sitting in front of the computer with your kids and make an indoor or an outdoor obstacle course! You can even combine some math skills as you lay-out and design your course! Go for a bike ride as a family and pay attention to the changing seasons...incorporating some science lessons! Youth ages 6-17 should strive for a minimum of 60 minutes/day of moderate to vigorous physical activity. It does not matter if you do it all at once or break it up throughout the day. Youth should also include some muscle strengthening and bone building activities (push-ups, yard work, hauling wood, weightlifting with supervision) 2-3 times per week.

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[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)