

Achieving Fitness During Pandemic 2020: A Big Challenge

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Abstract:

In these moments of uncertainty and fear, it is important to remember that when it comes to exercise, something is always better than nothing. Walking around the block will not only stretch your legs, but also help clear your head. It might even inspire you to walk a little further the next day. Social distancing, self-quarantine, and the closure of many gyms have made exercising more difficult. The COVID-19 pandemic has disrupted just about every aspect of ordinary life - and exercise routines are no exception. Working from home, distance learning, and public health guidelines for gyms and fitness facilities that include capacity limitations, cleaning protocols, wearing masks, and social distancing have changed the way, the time and place of the exercise. While it can be tempting to skip your workout during these tough times, public health officials say exercise - while undoubtedly crucial under normal circumstances - is essential to your physical health and mental well-being during the COVID-19 pandemic.

Keywords: COVID-19 pandemic, Social distancing, Self-quarantine, Work from home.

Introduction

As many of our daily routines remain restricted during the coronavirus pandemic, it can be difficult to find the motivation to exercise. With the challenges of working from home and limited access to fitness facilities, you may be finding it hard to stick to a workout routine. You may be missing the camaraderie of the gym, the relaxation of swimming laps, or the social connection from walking or hiking with a group of friends. If you were used to attending a fitness class with a motivating instructor, you might be disappointed in the intensity of workouts on your own.

Maintaining an exercise routine at home can seem more like a 'should' than a 'want to' at the moment. And with so many people out of work and struggling financially, staying active can seem like much less of a priority. However, even a small amount of activity can make a huge difference to how well you think and feel. In fact, exercise is one of the most powerful tools we have for staying physically and mentally healthy.

Exercise can help ease depression, stress, and anxiety, and aid in the management of chronic conditions, such as high blood pressure and diabetes. By finding new ways to get moving and stay motivated, you can take charge of your mood and

well-being and regain a sense of control during this time of [great uncertainty](#).

While being fit won't prevent you from catching the virus, it does have many other protective effects. Physical activity releases endorphins, chemicals in your brain that revitalize your mind and body, and it can help to improve all aspects of your health. In addition to [boosting your mood and improving sleep](#), exercise can also strengthen your immune system, something that is particularly important at this time, especially for older adults who are more vulnerable to COVID-19.

But don't overdo it. While moderate physical activity supports immune function, too much intense activity—especially if you are not used to it—may have the opposite effect and suppress your immune system.

If you use exercise to keep up your energy and spirits in trying times such as these, you might be less inclined to turn to unhealthy coping mechanisms, such as drinking too much, which can also wear down your immune system.

Staying Physically active during Covid-19 Pandemic

During pandemic, people submerged themselves by walking, jogging, doing some step-ups on the curb, jumping, or even jumping up and down a few times. Many of them have subscribed to one of the many available online classes or downloaded an

app to guide them in keeping them fit. Many people find that they feel more comfortable trying something new when no one else is watching. Many new and often free classes were broadcast daily to support people in their fitness activities during the pandemic. Some of them found free space in their home to exercise and also tried to use resistance bands, water bottles for resistance exercise. Some of them started doing push-ups against the wall, the coffee table, and the floor. Stair climbing was an efficient strength workout by keeping one foot on a step and stepping up and down several times.

Building more movement

Many of us spent more time at home during a pandemic, which means we sit more - watching TV, working at the computer, being at Zoom meetings, etc. Many of them performed squats or lunges while waiting for a meeting to start or jumped in front of the TV during commercial breaks.

Rewarding Themselves

Motivation plays an equally important role in overcoming stress during a pandemic. People were well aware of the role social media platform play in staying healthy and fit. Many of them posted their videos and clips of doing exercises, yoga asanas, fitness workouts, etc. Friends and their relatives have also boosted their morals by offering them mental support with tremendous appreciation. More than ever, people need a reliable place or platform where they can go for guidance. Free online resources available during pandemic ensure that everyone can get the help they need. The healthy habits they've built can now help them stay healthier and happier during this global pandemic.

Benefits of working out at home

Home workouts are a great substitute for your gym sessions. There are a number of different types of home workouts / exercises:

- A) Only use your body weight
- B) Use of basic equipment such as barbells, resistance bands / tubes
- C) Use of everyday household items such as backpacks, water bottles, buckets and even brooms

It's a good idea to start with basic body weight exercises and gradually add progressions and increase the intensity. In this way, the difficulty

levels are slowly increased, which helps you to sweat and strengthen your muscles while avoiding injuries. You can add a mix of push-ups (regular and advanced), circuit training (a series of exercises that follow in quick succession with little or no breaks in between) and more.

Importance of exercise during Covid-19

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

- **Exercise boosts the immune system:** Research shows that regular moderate-intensity exercise has immune-boosting benefits that can help your body fight infections, including COVID-19.
- **Exercise can prevent weight gain:** Exercise can help you burn extra calories caused by dietary changes and offset the effects of sedentary activities.
- **Exercise Reduces Stress and Anxiety:** Exercise is a proven mood booster and can help adults reduce stress levels and build emotional resilience.
- **Exercise improves sleep:** There is evidence that regular exercise helps you fall asleep faster and improves sleep quality - and good sleep has been shown to boost your immune system.

Conclusion

Physical fitness is not only crucial for a healthy body, but also necessary for a healthy mind and emotional well-being. While laziness may seem like the new normal among other "newness" that comes with staying at home, there is no substitute for self-care. While it takes some effort to create and adapt new fitness routines, regular exercise can help you optimize your health and wellness during the coronavirus pandemic. Exercise can be especially beneficial for the elderly and those with chronic health conditions, such as diabetes, arthritis, or heart disease. Regular exercise can improve balance, flexibility, strength, mobility and cardiovascular health. In addition, it can boost energy and general well-being. Exercise has clear benefits for the body.

Moving your body and sweating also improves your mood, relieves depression, and promotes cognitive abilities.

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