



Physical Activity: Covid-19 Can't Stop Us

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Letter to Editor

Volume 3 Issue 4

Received Date: December 11, 2020

Published Date: December 28, 2020

DOI: 10.23880/aphot-16000182

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As SARS-CoV-2, or Covid-19, continues to keep billions under lockdown, a return to normalcy seems distant. World leaders have declared that a vaccine may not be available in the near future; that we may have to learn to live with the virus. In order to mitigate infection, gyms and fitness centers have been closed, as they are deemed places of secondary transmission [1]. These measures have left countless people wondering how they will be able to accomplish their fitness goals, while they are confined to their houses. Studies have documented the negative aspects that quarantine and lack of social interaction can have on an individual's mental health [2]. Physical activity is one outlet that has proven effective in dealing with stresses of routine life. The question now is how to go about our normal fitness routines without access to fitness centers.

In order to keep their players in prime physical condition; Arsenal Football Club and Chelsea Football Club, among other sporting clubs around the world, delivered mobile gyms so that players could follow fitness regimens without interruption. Most people, however, do not have such luxuries and must make do with whatever equipment they find at home. Another issue is lack of guidance. With no fitness trainers to oversee sessions, individuals are uncertain about how to progress with their exercise programs. There are those though who will not be deterred. Home-based programs can be found in abundance on popular sites such as YouTube. Some fitness instructors are also offering online sessions with clients, although these require payment.

With such a surplus of training material available online, selecting a suitable program is the next issue. There is no one-fits-all model. Differing somatotypes respond differently to training programs. (Effects of dominant somatotype on aerobic capacity trainability) Individuals with goals of fat loss, or those who simply want to keep in shape, need to select adequate programs that are best suited to them.

With so many factors to consider, motivation levels are certain to drop. The onus is now on those who have the required knowledge to motivate and guide others. While exercise cannot specifically help against infection by Covid-19, it assists in providing a physical and mental boost in the short term (Physical Activity and Mental Health); and provides 'anti-inflammatory' benefits in the long run (The Effects of Physical Activity on Serum C-Reactive Protein and Inflammatory Markers). In the battle against Covid, we should not have to sacrifice our long term health.

References

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