



COVID-19: The necessity for physical activities to proceed regularly when taking safety measures

Dr Mohd Rafiq Ejaz Siddiqui

Assistant Professor – Physical
Education, MSM's College of Physical
Education, Aurangabad, Maharashtra –
431 001

Dr Yasmeen Sultana Siddiqui

Assistant Professor – Urdu,
Government Vidarbha Institute of
Science and Humanities,
Amravati, Maharashtra – 444 601

The ongoing outbreak of Coronavirus (COVID-19) has become the world's leading medical emergencies, triggering massive public concern. The World Health Organization announced on 30th January 2020 that the latest coronavirus pandemic is a globally significant public health emergency. More than ten million people throughout the world have already encountered a direct effect on this virus, which poses a global threat of uncertain health. The pandemic has resulted to rapid and preventive measures by governments in different countries. This included the lockdown of towns, travel warnings, and cancelations, extension of national holidays, closure of schools and postponement of classes.

No viral disease vaccine is currently available, its source and the ultimate nature remain uncertain for the prevention or therapy of the virus. Several articles have been released which allow for a fast sharing of science on the virus, but there remain serious questions as to the causes and options for successful viral treatment or intervention. The lack of clinics that can treat and deal with sick patients, the high demands of face masks and sanitizers for safety, have been told of major shortages of medical personnel. The international and

national governments are working around the clock to mobilize resources and to establish new vaccines against coronavirus (COVID-19), as well as to send medical experts and clinicians to major infected areas to help eliminate the highly transmissible epidemic of this virus.

Various health authorities have advise the public to restrict their travel and stay at home as a fundamental means of reducing the exposure of people to the virus. Health guidelines have been made to health agencies across the globe including the World Health Organization, Centers for Disease Control and Prevention to take steps to minimize exposures to the virus. However, compulsory travel restrictions and guidelines against outdoor activities, including frequent physical activity and exercise, are eventually going to interrupt millions of people's everyday routine.

While it is the immediate goal of public health to eradicate the virus so soon as possible, there are few public health recommendations for what people should or can do to improve their everyday activities and habits in the area of physical activity. These measures to prevent transmission of the virus from human to human will possibly lead to lowered



physical activity, thus being healthy for a healthy measure. Processful homestay can lead to increased sedentary behaviour, such as over-sleeping, reclining or sitting for screening (gaming, watching television, using mobile devices); reducing physical activity (so lower energy); or taking part in preventative activities that lead to an growing risk to and from traveling. There is also a good health rationale for maintaining physical exercise in the home to stay healthy in the current fragile climate and preserve the role of the immune system.

The exercise in your home is suitable to prevent coronaviruses and to maintain fitness levels using various safe, quick and easy exercise procedures. These types of exercise can include, but are not limited to, strengthening or combining exercises, balancing and control activities. For instance, you can walk to your house, lift or carry food and groceries, alternate leg lungs, use stairs instead of escalator, stand-to-sit and stand by chair and floor, chair-squats, and sit-ups and push-ups. Yoga should also be taken into consideration as it requires no facilities, no room and is possible at all times. Throughout this crucial time, eHealth and exercise videos which are designed to encourage physical activity through Internet, mobile technologies and TV are other viable ways to maintain physical function and mental health and stress.

In the midst of the coronavirus pandemic, official measures that restrict people's movement do not automatically mean physical activity should be restricted or all types of exercise should be entirely removed. Exercise has been shown to be

explicitly helpful for healthy people and for patients with specific diseases. At least 30 minutes of moderate physical activity or at least 20 minutes of intense physical activity should be carried out every other day. Ideally, in addition to routine strengthening exercises, a mix of all physical intensities is preferred. Children and the elderly may seek advice from healthcare providers regarding the protection of the procedure, or whether they are already symptomatic, or are vulnerable to a chronic heart or lung disease.

Due to the concerns about the increased spread of COVID-19, contamination prevention and security measures are crucial. Home stay is an important protection measure that can reduce large-scale infections. Lengthy household stays may therefore lead to inactivity and anxiety and depression, which may result in a sedentary lifestyle that leads to a wide range of chronic conditions. Daily physical exercise is a key strategy in the healthier life of a coronavirus pandemic, and regularly practice in a secure home environment.

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AIRO INTERNATIONAL RESEARCH JOURNAL
VOLUME 22, MARCH 2020
ISSN: 2320-3714

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