

Maintaining Physical Activity during the COVID-19 Crisis

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ABSTRACT

WHO defines Physical activity as any bodily movement produced by skeletal muscles that requires energy, expenditure Physical Activity refers to all movement including during leisure time, for transport to get to and from places or as part of a person's work. Both moderate and Vigorous-intensity physical Activity improve health.

COVID-19 Pandemic Presents many challenges to maintaining of physically active and healthy lifestyle. The closing of gyms, recreation centers, walking track Grounds and pools eliminates many of our favorite fitness options. The in ability to participate in Group bike rides roods races picklball, Tennis, golf outings recreation sports leagues and countless other activities has also taken away many of our favorite fitness and social outings so young and old people are most on important part of regular physical activity.

Countries and communities must take action to provide everyone with more opportunities to be active, in order to increase physical Activity.

I. INTRODUCTION

Regular physical activity is proven to help prevent and treat non-communicable diseases such as heart disease, stroke, diabetes and breast and Colon Cancer. It also helps to Prevent hypertension overweight and obesity and can improve mental health, quality of life and well being.

While on lockdown Physical activity needs to be maintained as it is extremely beneficial to body and mind it is important for controlling diabetes and high blood pressure Maintaining bone strength and Muscle tone through exercise is important especially as the regular outdoor activity is curtailed during the Covid-19 Pandemic Exercise also helps boost immunity reduces the risk to of mental health issues like depression. You can walk for short Periods such as 10 minutes at a time or practice Yoga routines or interval training depending on your age pre existing health Conditions and doctor's advice.

II. TYPES OF ACTIVITY

Aerobic Activity:-

Aerobic Activities make you breathe harder and make your heart and blood Vessels healthier these include :

- ❖ Walking

- ❖ Dancing
- ❖ Swimming.
- ❖ Water aerobics
- ❖ Jogging and Running
- ❖ Aerobic Exercise classes.
- ❖ Bicycle riding (Stationary or on a Path)
- ❖ Some gardening activities, such as raking and pushing a lawn mower.
- ❖ Tennis
- ❖ Golfing (Without a cart)

Flexibility:-

Flexibility – enhancing activities ensure a good range or motion in the joints. loss of flexibility can be a Predisposing factor for physical issues, such as Pain Syndromes or balance disorders, Gender age and genetics may all influence range of motion flexibility exercises include.

- ❖ Stretching.
- ❖ Yoga
- ❖ Tai chior or Qi Gong
- ❖ Pilates

Muscle - Strengthening:-

Muscle strengthening activities build up your strength. These activities work all the different Parts of the body legs, hips, back, Chest, Stomach, shoulders and arms- and include.

- ❖ Heavy gardening (digging Shoveling)
- ❖ Lifting weights
- ❖ Push-ups on the Floor or against the wall.
- ❖ Sit ups.
- ❖ Working with resistance bounds long wide rubber strips that Stretch)
- ❖ Pilates.

Stretching Activity:-

Stretching keeps the muscles Flexible, Strong and healthy and we need that Flexibility to maintain a range of motion in the Joints without it the muscles Shorten and become Height. Then, when you call on the muscles for activity they are weak and unable to extend all the way.

These four types of exercise can improve out health and Physical ability muscle strength and boost our endurance.

Benefits of Regular Physical Activity

- ❖ Reduce your risk of a heart attack.
- ❖ Manage your weight better.
- ❖ Have a lower blood Cholesterol level
- ❖ Lower the risk type 2 diabetes and some cancers.
- ❖ Have lower blood pressure.

- ❖ have stronger bones muscles and Joints and lower risk of developing Osteoporosis.
- ❖ Lower your risk of falls.
- ❖ Improve your muscle strength and boost your endurance.
- ❖ Exercise delivers Oxygen and nutrients to your tissues and helps your cardio vascular system work more efficiently.
- ❖ When your heart and lung health improve your have more energy to tackle daily chores.

The impact of Covid-19 on Sports Physical Activity and well being and its effects on social development. The Covid-19 Pandemic has spread to almost all countries of the world Social and Physical distancing measures, lockdowns of businesses Schools and overall Social life which have become common place to Curtail the spread of the disease have also disrupted many regular aspects of life including sports and Physical activity. This policy brief high lights the challenges COVID-19 has poses to both the Sporting world and to physical activity and well being including for marginalized or vulnerable groups. It further Provides recommendations for Governments and other stakeholders as well as for the UN system to support the safe reopening of sporting events as well as to support Physical activity during the Pandemic and beyond.

The Impact of COVID-19 on sporting events and the implications for social development:-

Most major sporting events at International, regional and national levels have been cancelled or Post Poned from marathons, to football tournaments, athletics Championships to basketball games, hand ball to ice hockey, rugby, Cricket, Sailing, Skiing, Weightlifting, to wrestling and more. The Olympics 2 Para Olympics for the First time in the history of the modern games have been Post poned, and will be held in 2021.

The closure of education institutions around the words due to Covid-19 has also impacted the Sports education Sector, which is comprised of a brood, range of stakeholders, including national ministries and Local authorities, Public and Private education institution Sports organizations and athletes, NGOs and the business community, teachers, Scholars and coaches, Parents and first and foremost the Mostly young – learners.

While this community has been severely impacted by the current crisis. It can also be a key Contributor to solutions to contain and overcome it as well as in promoting rights and Values in times of social distancing.

The Impact of COVID-19 on Physical activity and Well – being:-

The Global outbreak of COVID-19 has resulted in closure of gyms, Stadiums, Pools, Dance and Fitness Studios Physiotherapy Centre, Parks and Play Grounds. Many individuals are therefore not able to actively participate in their regular individual or group Sporting or Physical activities outside of their homes.

The WHO recommends 150 Minutes of Moderate – intensity or 75 minutes of Vigorous – intensity Physical activity per Week. The benefits of such Periodic exercise are proven very helpful, especially in times of anxiety, Crisis and fear.

Lack of access to exercise and physical activity can also have mental health impacts, which can compound stress or anxiety. That many will experience in the face of isolation from normal social life Possible loss family or friends from the virus and Impact of the virus on one's economic wellbeing and access to nutrition will exacerbate these effects.

The global community has adopted rapidly by creating online content tailored to different people from free tutorials on social media to stretching, Meditation Yoga and dance classes in which the whole family can participate. Educational institutions are providing online learning resources for students to follow at home.

III. CONCLUSION

The Covid-19 Pandemic has had and will continue to have very considerable effects on the sporting world as well as on the physical and mental well being of people around and world.

Physical Activity needs to be main fained as it is extremely beneficial to body and mind. It is important for controlling diabetes and high blood pressure maintaining bone strength and muscle tone, through exercise is important especially as the regular outdoor activity is curtailed during the COVID-19 Pandemic Exercise also helps boost immunity reduces the risk of mental health issues like depression you can wal for short periods such as 10 minutes at a time or practice Yoga routines or interval training, depending on your age pre existing health Conditions and doctor's advice.

IV. REFERENCES

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