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## Management Of Corona Virus Through Physical Activity And Exercise

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### Abstract

Physical activity and exercise are highly beneficial for both mind and body during pandemic , physical activity not only means participating in real Sports but any form of physical movement or physical work a man do in his day to day life this include the work we do in home and other places such as cleaning ,walking ,washing, cooking ,lifting weights, dancing ,climbing steps ,pulling, pushing and others all other kind of activity makes together as physical activity but when we talk about exercising this means any kind of activity which requires physical effort to perform and as a purpose behind it such as increase fitness ,health ,weight management , personality development, developing strength and more, exercise include walking , jogging , swimming , rowing , resistant training , yoga , aerobic exercise, endurance training and others.

**Keywords** : pandemic , Corona virus , physical activity and exercise

### Introduction

Pandemic means a particular infection or virus spread and affect all the people through direct or indirect contact , covid – 19 is a pandemic raised in 2019 as coronavirus diseases which is caused by SARS -co-2 virus which spreads through breath in a infected air droplets airborne particle which contains virus this causes respiratory tract infection range from low to severe, people who have strong immune power will be escaped or face light to moderate respiratory illness and recover automatically but some people fall ill seriously they required medical support for recovery.

Corona virus has tremendously changed our lifestyle and social life completely the effect of this virus was very huge all around the world due to lock down imposed all around the country this changed the complete routine of all human being and decreased all our activity due to this people suffered from lot of physical and psychological health problem like disorder, depression, loneliness, anxiety , fear of life and future , tiredness , laziness, feeling helpless ,low mood , pains disorder, poor sleep and appetite and more.

## Spreading and causes

Corona virus is caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) majorly spreads from person to person who is with 2 metres or 6 feet through respiratory droplets when someone coughs, breath, talks, sing or sneeze from the person who is already affected by the virus.

## Sign and symptoms

Corona virus is both systematic and asymptomatic ranges from normal to serious symptoms like

- Cold
- Fever
- Cough
- Sore throat
- Loss of taste and symptoms
- Difficulty in breathing or shortness of breath
- Chest pain
- Aches and pains and more

## Standardized measures to overcome covid -19

- Must and should wear mask when we are in public place
- Cover mouth with kerchief or tissue while sneezing and coughing and dispose the used material properly
- Stay hygiene and maintain cleanliness
- Wash and regularly
- Maintain social distancing or public distancing
- Have right thought and mind set to overcome the pandemic
- Take proper rest and have adequate sleep to avoid depression
- If you have mild symptom isolate yourself for 14 days to stop spreading the virus
- Add Omega 3 legumes vitamin D vitamin A Vitamin C minerals zinc calcium protein and fibre rich food in your diet to Boost Your immune system
- Stay active and hydrated

## Why Physical activity and exercise during pandemic

We all wear blocked both physically and mentally during this pandemic this converted our active life to passive life and decreased our physical activity due to lockdown but it is very important for each and every one to engage in moderate and adequate physical activity regularly which gives us a great protection from this virus, there is a strong evidence that physical activity and exercise will enhance our immune power and fight against the infection and which act has a resistant for virus and protect us before reaching severe condition, physical activity and exercise are the greater source of joy when done with family during lockdown to avoid loneliness and improve fitness.

## Need and benefits of physical activity and exercise during pandemic

The need and benefit of a physical activity and exercise is very huge in this pandemic situation this will develop our physical physiological and psychological help of the body and protect us from diseases like stroke, type 2 diabetes, heart disease, blood pressure and some kind of cancers and increases the bone strength, develop muscular strength and flexibility, increases balance, improve fitness, reduces the risk of injury, prevents older people from fall by increasing balance and protect from falling in ill, develops child's growth and development, decreases the risk of diseases in later life, improve movement and skill develops social relationship, improves mental health, prevents us from depression, lower down the tension, decreases muscle strain, increases blood circulation and improves overall wellbeing which improve our immune system.

Exercises during pandemic is actually difficult due to shut down of fitness centre, gyms, grounds, park and other public places but we can still engage us in physical activity in home like walking around, flexibility training like yoga, meditation, strengthen exercise, interval training, dancing for music with family, aerobic exercise with out requirement any equipment depending on our age and health condition, choose the right activity, if you are not active starts slowly and increase the intensity gradually do not exercise if you have any symptom.

### WHO ( world health organisation) as recommended minimum amount of physical activity according to age group for

- Age less than 5 = 180 min of activity per day
- Age 5-17 = moderate to intense workout 60 min of activity per day, minimum 3 days a week
- Age 18 and above = 150 mins moderate exercise and 75 mins of vigorous exercise during a week

### Conclusion

Corona virus is highly infectious diseases which effects our lungs and respiratory tract, if proper precautionary measures and treatment is taken at the right time this virus can be controlled, physical activity and regular exercising is one of the way to prevent this diseases which improve our immune system, one should follow regular physical fitness routine, balance nutritional intake, meditate and have proper rest n sleep, at last covid -19 is also a curable disease so stay positive and let's join our hands with confidence to over come this pandemic and make our country virus free.

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