

BLOG.SQD

The importance of staying active during Covid-19

During the Covid-19 pandemic, where so many of us have been asked to restrict our movements and self-isolate, it is more important than ever for everyone, regardless of age and fitness levels, to be as active as possible.

Many of us will find we have massively reduced our Non-exercise activity thermogenesis, otherwise referred to as NEAT. NEAT is the energy expended for everything we do that is not sleeping, eating or exercising with the purpose of burning calories. NEAT can include tasks such as walking to work, getting up and down from your desk while at work, household chores, shopping, gardening and even playing with your kids or pets. You can see how easily the extra calories burned can build up when you have a relatively active day and how now those extra calories potentially aren't being burned.

Not only can this reduction in activity have an effect on our calorie expenditure, it will also undoubtedly have an effect on our mental wellness. Keeping positive and active has never been more important!



What can I do?

Just because we're in a pandemic and have been advised to self-isolate, doesn't mean we should treat the process as an extended weekend.

Something I have found that helps me stay productive and active during this time is to build myself a routine, just as I would have done before the pandemic. I've never been a 'to-do' list person but writing one over my morning coffee has definitely helped me stay on track.

In my daily 'to-do' list I include when I'll workout, a couple of 'stand up and move around' breaks, when I'll do certain chores, reading and writing articles, work and what tasks need to be done that day, when to take the dogs for a walk and the time I allocate to eating (this has definitely helped reduce the excessive quarantine snacking that occurred in week 1).

A short break from sitting, say 3-5 minutes worth of physical movement, will help ease muscle strain, relieve muscle stiffness and improve blood circulation. This could even be something as simple as stretching whilst on a video call with a family member or friend. Staying social is just as important as staying physically active.

Fitting in workout routines are of course a great way to keep you active, healthy and in the routine you had before the pandemic. Regularly exercising can help reduce your blood pressure, helps to manage your weight, keeps the risk of heart disease, strokes and type 2 diabetes down and also improves bone and muscle strength.

For the older generation, exercises based around improving balance and core strength help to prevent falls and injuries.

For children, regular physical activity helps support healthy growth and development as well as prevent and reduce diseases later in life.

So you can see why it is vital we don't all become sedentary during this time!

Let's not forget, regular physical activity - across all age groups, also reaps huge benefits for your mental wellness. Exercising can help reduce the risk of depression, cognitive decline and delay the onset of dementia. It also helps to improve overall feelings of wellbeing, especially that rush of endorphins post workout.



If you are able to, go for a walk or a bike ride daily, of course doing so whilst practising social distancing guidelines and only for an hour or so.

If you're struggling to maintain a structure when it comes to actual workouts, head over to our subscription page for more information on how we can help you stay on track.

Always remember to wash your hands with water and soap both before you leave the house and when you return. If you do have a fever, a cough or difficulty in breathing, stay home, rest and seek medical attention if necessary.

Stay safe, stay active.

Alex - WODSQR