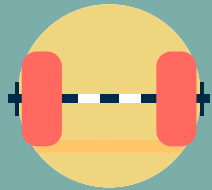




Safe Exercise during the COVID-19 Pandemic

The Importance of Physical Activity

- **Benefits:**
 - Reduces risk of heart disease, stroke, type 2 diabetes, breast/colon cancer, depression, and injuries
 - Boosts immune system
 - Reduces stress and anxiety
 - Improves sleep quality and helps you sleep faster!
- **Goals:**
 - 150 minutes per week of moderate-intensity exercise (~20 minutes a day!) for cardiovascular health
 - Strength training 2-3 times a week for balance, bone health, controlling blood sugar, and mobility



References:

<https://www.health.harvard.edu/topics/staying-healthy>

Physical Activity Data in the US

- **53%** of adults met the Physical Activity Guidelines for aerobic physical activity/ cardio
- **23%** of adults met the Physical Activity Guidelines for both aerobic and muscle strengthening activity



References:

<https://www.cdc.gov/nchs/fastats/exercise.htm>

How to safely exercise outdoors + indoors

- **Outdoors**

- Check the air quality! Best time to exercise is earlier in the day or during non-commuting hours when there are less cars/trucks on the road to reduce exposure to air pollutants.

- Non-commuting hours = before 6AM, during 12PM-3PM, after 7PM



How to safely exercise outdoors + indoors



- **Outdoors**

AQI Basics for Ozone and Particle Pollution

Daily AQI Color	Levels of Concern	Values of Index	Description of Air Quality
Green	Good	0 to 50	Air quality is satisfactory, and air pollution poses little or no risk.
Yellow	Moderate	51 to 100	Air quality is acceptable. However, there may be a risk for some people, particularly those who are unusually sensitive to air pollution.
Orange	Unhealthy for Sensitive Groups	101 to 150	Members of sensitive groups may experience health effects. The general public is less likely to be affected.
Red	Unhealthy	151 to 200	Some members of the general public may experience health effects; members of sensitive groups may experience more serious health effects.
Purple	Very Unhealthy	201 to 300	Health alert: The risk of health effects is increased for everyone.
Maroon	Hazardous	301 and higher	Health warning of emergency conditions: everyone is more likely to be affected.

How to safely exercise outdoors + indoors

- Outdoors

- Avoid exercising near busy roadways and opt for an open space, e.g. a grassy area, park, or trail.



<https://tinyurl.com/hikinginsoma>

How to safely exercise outdoors + indoors



- **Outdoors**

- Wear a mask when exercising (due to COVID-19) - a cloth mask or surgical mask



How to safely exercise outdoors + indoors



- **Indoors**

- Wear shoes when exercising (even inside the house) because shoes help reduce stress on knees
 - Working out on socks may lead to slipping and falling so shoes help us gain traction



How to safely exercise outdoors + indoors



- **Indoors**

- Use an exercise mat or towel to lay on if doing floor exercises to reduce the strain on your back.



How to safely exercise outdoors + indoors

- For both indoors and outdoors!
 - Stay hydrated before, during, and after the exercise.
 - Avoid slippery areas! You don't want to slip or hurt yourself.
 - You do not need fancy equipment or even a large workout space! In fact, all you need are the right exercises for the space you have available and comfortable clothing to do your exercises.
 - Understand your physical limitations and don't strain yourself by doing too much!
 - If you are experiencing very high heart rate, nausea, or light-headedness, make sure to take a break or stop and rest before continuing.



Moderate vs. Vigorous Exercise

- Talk Test

- “As a rule of thumb, a person doing moderate-intensity aerobic activity can talk, but not sing, during the activity. A person doing vigorous-intensity activity cannot say more than a few words without pausing for a breath.”
- The idea behind this is that the more intense the workout, the more breathless you become, and the harder it is to talk.

Option 1: Recite the Pledge of Allegiance (or anything you want). Ask yourself if you can speak comfortably. If yes, you are at low-moderate intensity. If no, you are at vigorous intensity.

Option 2: Before starting your workout, count as high as you can as you exhale. During your workout, count again during exhale and compare the numbers. If the number counted during exercise drops to about 70% (i.e. from a 10 to a 7), you are at moderate intensity. If it drops even lower, you are at more vigorous intensity.



Moderate vs. Vigorous Exercise

Moderate Intensity	Vigorous Intensity
<ul style="list-style-type: none">● Brisk walking● Water aerobics● Cycling < 10 mph on flat terrain● Tennis (doubles)● Ballroom dancing● General gardening	<ul style="list-style-type: none">● Race walking, jogging, or running● Swimming laps● Tennis (singles)● Aerobic dancing (incl. Zumba)● Cycling > 10 mph that may include hills● Jumping rope● Heavy gardening (hole digging or hoeing)● Hiking uphill with heavy pack

Moderate-Intensity Exercises (at home!)

- Zumba dances on YouTube
 - Burns 600- 1,000 calories in an hour
 - Great way to de-stress
 - Improves coordination
 - Filipino Zumba Youtube Channels:
 - [LIVELOVEPARTY.TV](#)
 - [Simple Dance](#)
 - [RETRO GROOVE FITNESS](#)
 - [YMCA360](#)
 - A variety of health and fitness videos
- Walking or hiking
 - Burns calories
 - Can lower blood sugar
 - Eases joint pain
 - Boosts immune function



References:

<https://www.piedmont.org/living-better/7-health-benefits-of-zumba>, <https://www.healthline.com/health/benefits-of-walking#immunity>

Strength Training Exercises (at home!)

- Toe taps
 - Strengthen shins
 - Sit in a chair. While keeping the heels on ground, lift the toes off the ground high enough so that the muscles of the shin are felt working. (This exercise also helps in blood circulation in the legs.)
 - Do 20 repetitions.
- Heel Raises
 - Strengthen upper calves
 - Sit in a chair. While keeping the toes and balls of feet on the ground, lift the heels.
 - Do 20 repetitions.

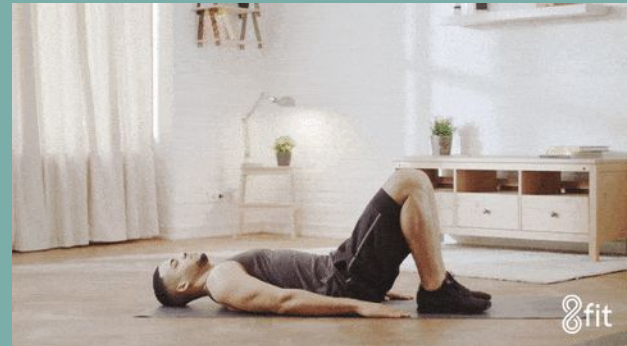


References:

<https://www.md-health.com/exercises-for-seniors-to-do-at-home.html>

Strength Training Exercises (at home!)

- Bridges
 - Stretch and strengthen lower back
 - Taking deep breath, tighten the buttocks and tilt the hips forwards slightly.
 - Hold in this position for a count of 3.
 - Now tilt the hips back. Hold for three seconds.
 - Do 10-12 repetitions.

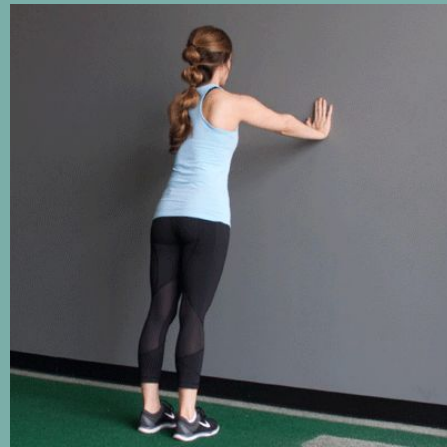


References:

<https://www.md-health.com/exercises-for-seniors-to-do-at-home.html>

Strength Training Exercises (at home!)

- Wall push-ups
 - Strengthen shoulder and chest
 - Stand around three feet away facing a wall, with feet kept at the width of shoulders.
 - Leaning forwards, put the hands flat on wall straight in line with shoulders. The body must be in plank position and spine straight.
 - Lower the body towards the wall. Push back.
 - Do 10 repetitions.
 - To increase the challenge
 - Start doing “wall” push-ups against lower but stable surfaces
 - Eventually work towards doing push-ups off the ground
 - If ground push-ups are too hard, you can push off your hands and knees



References:

<https://www.md-health.com/exercises-for-seniors-to-do-at-home.html>

Free Workout Websites

Linktree:

- A website that allows you to put multiple links up

MHC's Link Tree:

http://linktr.ee/MHC_PH

- This has the YMCA link
- The links to all Filipino Zumba Channels
- Hiking spots nears SoMa
- Added: 15 minute workouts for older adults



Takeaway Slide

1. Exercise has so many benefits!
2. You only need about ~20 minutes of exercise everyday
3. Exercise can be fun and you don't need a lot of space!
4. Wear a mask if you go outside



Poll Question: All of these are benefits of exercise, except:

- A) It improves the health of your dog
- B) Boosts immune system
- C) Reduces stress and anxiety
- D) Reduces risk of heart disease, stroke, diabetes, cancer, depression, and injuries



References

- <https://www.health.harvard.edu/topics/staying-healthy>
- <https://www.health.harvard.edu/healthbeat/10-tips-for-exercising-safely>
- <https://www.md-health.com/exercises-for-seniors-to-do-at-home.html>
- <https://www.cdc.gov/nchs/fastats/exercise.htm>
- <https://www.piedmont.org/living-better/7-health-benefits-of-zumba>
- <https://www.healthline.com/health/benefits-of-walking#immunity>
- <https://www.airnow.gov/aqi/aqi-basics/>
- UCSF's Physical Therapy Department

Thank you // Salamat po
Questions?

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