

## Returning to activity following a COVID-19 infection that *did not* require hospitalization

### Monitor and track your progress toward endurance during activity.

Measure Heart Rate	Measure Exertion	Measuring Shortness of Breath
<ul style="list-style-type: none"> <li>Option 1: Wrist (radial)</li> <li>Option 2: Neck (carotid)</li> <li>Option 3: Tech device like a Pulse Oximeter</li> </ul> <p>Measure when at rest, during and after activity/exercise.</p>	<ul style="list-style-type: none"> <li>Rate level of exertion during an activity from 1 (no effort) to 10 (very hard).</li> </ul> <p>Notice intensity then progress task/exercise as tolerated. This will help you monitor slight improvements or declines in endurance.</p>	<ul style="list-style-type: none"> <li>Rate severity of shortness of breath on scale from 1 (no SOB) to 10 (very hard to catch breath)</li> </ul> <p>Make note of your rating then modify activity or exercise as tolerated. This will help monitor slight increases/decreases in lung capacity.</p>

We suggest making a spreadsheet or using a notebook to keep track. This is good information for you but also good information for your doctor too.

### Start slow and build up based on your current phase of the disease process.

	Phase 1: Currently have COVID-19	Phase 2: 10 days of rest, 7 days symptom free	Phase 3: 8-15 days symptom free	Phase 4: >2-3 weeks symptom free
Type of Exercise	Respiratory exercises and chest stretching	Start increasing walking distance and pace. Light jogging and cycling allowed.	Walk/jog/cycle no more than 30 minutes. Begin light resistance exercises.  Yoga or Tai Chi	Slowly increase intensity and duration. Continue to monitor progress.
Intensity of Exercise  Maximum Heart Rate = 220 - age	Light duty housecleaning, slow walking.	<15 minutes consecutively  <70% of Max Heart Rate	<30 minutes consecutively  <80% of Max Heart Rate	Return to prior level of exercise, activity, or sport.

Current recommended exercise guidelines for healthy adults are 30-60 minutes per day of aerobic activity 5 days a week AND 2 days a week of strength training.

Knowledge of the COVID-19 disease and recovery processes are evolving as more data becomes available. It is important to proceed cautiously during your recovery. Notify your doctor of any declines or lack of progress.