

# CHIROPRACTIC & HEALTH: A Natural Connection

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## Exercise Significantly Reduces Risk from COVID-19 and FLU

### KEY FINDINGS

“Adults with high and moderate physical activity levels had significantly better outcomes than those with low activity when contracting COVID-19. The apparent protective effects of regular physical activity extended to those with concomitant chronic medical conditions.”

“The largely immunoprotective effect of aerobic activity is multifaceted. It involves reductions in inflammation, the mobilisation of lymphocytes, alterations in cytokine profiles, enhanced immunosurveillance and the amelioration of psychological stress.”

“Before the emergence of COVID-19, epidemiological data suggested that physically active people are less likely to report symptoms of upper respiratory illness and that regular physical activity can protect the host from many types of viral infections including influenza, rhinovirus and the reactivation of latent herpes viruses.”

### CLINICAL IMPORTANCE

#### Key Concepts:

Exercise is an essential nutrient for human beings, it is required by human cells, tissues, organs, and systems for the genetic expression of healthy structure and function, including proper function of the cells, tissues, and organs of the IMMUNE SYSTEM.

Too many see exercise as a weight loss strategy, a means to improve appearance, or as something good for their heart. Though all this is true, the real benefits of regular exercise, and the real consequences of deficient exercise, are much more far-reaching in terms of health and quality of life.

Few understand the direct causal connection between regular exercise and immune function, even though this connection has been well established in both the scientific and clinical literature.

“The health benefits of regular physical activity have been repeatedly and methodically demonstrated.”

#### Take-Home Points

One of the most common reasons for avoiding exercise is stiff and painful joints and muscles and, in particular, back stiffness and pain.

Some of the most important documented benefits from the improved joint mobility and muscle function that chiropractic care elicits are increased comfort and increased ability to exercise and perform activities of daily living – especially from regular chiropractic care.

Chiropractic care is an important part of maintaining a healthy lifestyle and thus overall health. If you are experiencing discomfort, want to prevent future discomfort, or want to improve your mobility, balance, comfort, performance, health, and/or quality of life – while making exercise easier and more comfortable – get regular chiropractic adjustment and healthy lifestyle advice from your chiropractor!

**Steenkamp, L. et al. (2021) Small steps, strong shield: directly measured, moderate physical activity in 65,361 adults is associated with significant protective effects from COVID-19 outcomes. Br. J Sports Med.**