

Exercise Offers Significant Protection from COVID

QUOTE BOARD

“High physical activity [150 minutes/week] was associated with lower rates of hospitalisation [34% lower risk], ICU admission [41% lower risk], ventilation [45% lower risk] and death [42% lower risk] due to COVID-19 than those who engaged in low physical activity.”

“Moderate physical activity [60-149 minutes/week] also was associated with lower rates of hospitalisation [13% lower risk], admission to ICU [20% lower risk], ventilation [27% lower risk] and death [21% lower risk].”

Conclusions

“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.”

WHAT YOU NEED TO KNOW

“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 [shingles; cold sores].”

“Data support a clear inverse relationship between moderate physical activity and illness risk; regular physical activity has an anti-inflammatory influence mediated through multiple pathways; and regular physical activity improves immune regulation, delaying the onset of age-related dysfunction.”

Regular physical activity of 30 minutes per day 5 days/week has profoundly significant benefits with respect to reducing the risk of severe outcomes from COVID-19 infection – regardless of vaccination status.

Further, and perhaps most importantly, regular physical activity also has profoundly significant benefits with respect to reducing the comorbidities such as obesity, diabetes, and hypertension that are the strongest predictors of severe COVID-19 outcomes.

WHAT YOU NEED TO DO

You need to exercise 30 minutes per day! Exercising regularly is FREE and it is PROVEN to be one of the most effective ways to protect you from COVID-19 and Flu, to improve your overall health and immune function, and to increase your quality of life.

Refusing to exercise is an act of self-harm. Lack of exercise also directly leads to illness that creates a preventable burden on the healthcare system and on society as a whole. Please exercise regularly!

Steenkamp et al. (2022) Small steps, strong shield: directly measured, moderate physical activity in 65,361 adults is associated with significant protective effects from severe COVID-19 outcomes. British Journal of Sports Medicine <http://dx.doi.org/10.1136/bjsports-2021-105159>.