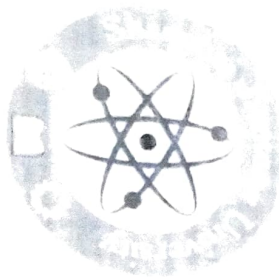


ISSN: 1007-1172

PAPER ID: JSJ.0-0



UGC-CARE Approved (Group - II) Active Journal - 2020

JOURNAL OF SHANGHAI JIAOTONG UNIVERSITY

website: shjdxxb-e.cn e-mail: editorjsju@gmail.com

Certificate of Publication

This is to certify that the paper entitled

EFFECT OF PHYSICAL ACTIVITY AND EXERCISE PROGRAMME
TO STRENGTHEN IMMUNITY AND PREVENT COVID 19

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Has been published in

VOLUME 17, ISSUE 9, SEPTEMBER - 2021


Dr. Xuhui Feng
Editor in Chief



EFFECT OF PHYSICAL ACTIVITY AND EXERCISE PROGRAMME TO STRENGTHEN IMMUNITY AND PREVENT COVID 19

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Abstract

COVID-19 is an infectious disease caused by the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). It's all over the news and there is an inescapable sense of anxiety, stress, and uncertainty due to COVID-19 pandemic. Hence this review paper focuses on the impact of COVID-19 and related physical inactivity on human health, and to offer some physical activity guidelines to individuals suffering from the adverse outcomes during the pandemic and those recovering from an infection. The public health recommendations like stay-at-home orders, closures of parks, gymnasiums, and fitness centers to prevent SARS-CoV-2 spread have the potential to reduce daily physical activity. These recommendations are unfortunate because daily exercise may help combat the disease by boosting our immune systems and counteracting some of the co-morbidities like obesity, diabetes, hypertension, and serious heart conditions that make us more susceptible to severe COVID-19 illness. Exercise affects the immune system and its anti-viral defenses. At this time, we know very little about how exercise might interact with the immune system to affect SARS-CoV-2 infectivity and COVID-19 disease susceptibility. As the pandemic proceeds, it will be important to perform retrospective studies to determine whether physical activity status had any bearing on SARS-CoV-2 infection or COVID-19 outcome. A goal of any beginning exercise program is to progressively work toward completing at least one-half hour of moderate physical activity every day or at least twenty minutes of vigorous physical activity every other day of the week. Ideally, strengthening-type activities are included in daily activities at least twice a week. Hence this review paper explores the advantages of regular exercise programmes during COVID pandemic situation as a solace to the victim.

Introduction

COVID-19 is an infectious disease caused by the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), which was first detected in December 2019 in the city of Wuhan, China. And from Wuhan, China, the corona virus has travelled over 213 countries without VISA and braking all security check-ups and emigration clearance and it continues to spread worldwide with lakhs of new cases popping up daily. It's all over the news and there is an inescapable sense of anxiety, stress, and uncertainty. There are mainly three symptoms like fever, cough and fatigue.

As a major journal of sport medicine and health in the world, the Editor-in-Chiefs and the Editorial Board share a strong sense of obligation to provide an overview on the impact of COVID-19 and related physical inactivity on human health, and to offer some physical activity guidelines to individuals suffering from the adverse outcomes during the pandemic and those recovering from an infection. Thus,