

Exercises can Alleviate Mental Health during COVID-19 Crisis

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Gyms and workout studios are closing across the nation, and people are being asked to stay at home in order to slow the further spread of the highly infectious COVID-19 (coronavirus). And for good reason, the gym is a well-known and populated place where germs can be easily spread. A new study has shown that the coronavirus can live on surfaces like those popular free weights, cable machines, treadmills and floor mats for up to three days, so your sweat towel is not going to do the job.



"Exercise will help you maintain a centred and more rational mindset " says, Samantha Clayton, OLY, ISSA-CPT, Vice President, Worldwide Sports Performance and Fitness

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And between all the excessive hand sanitizer and anti-bacterial purchasing, fears of contracting the virus have many people on the edge the combination of breaking news and misinformation on social media is enough to put anyone in a state of panic, stress and or depression. Thankfully, many are taking the government's requests to practice social distancing very seriously, and while the unknown and a drastic change in lifestyle can be quite stressful, I propose this: while we continue to be vigilant to not spread this disease further, use this time at home for more self-care and focus on (or adopt) a fitness routine.

Benefits of Exercise

The body's natural release of endorphins is enhanced during bouts of physical activity, and this surge in happy hormones can boost your mood, your confidence and help reduce your levels of stress and anxiety.

Along with what we eat, where we live, how much we sleep, and even who we live with, exercise also causes chemical reactions that can alter our health status. Regular exercise has been linked to improved heart health, improved bone density, improved joint mobility, improved cognition, improved mood, enhanced metabolic function, an increase in muscular mass,

tone, and strength. The list goes on, but during stressful times, one of the greatest benefits of performing regular exercise is its ability to make the activities of everyday life feel easier.

It's About Balance

"Exercise stress", when managed well, is healthy stress that over time pushes your body to adapt and become stronger and more efficient. Some studies suggest exercising on a regular basis is beneficial for immunological health, as it can have a positive effect on your body's ability to remain well and fight off common illness. Other studies have found that during flu season, the temporary rise in body temperature can discourage certain bacterial growth and the stress relief benefits of exercise help to keep you feeling at your best.

If you do choose to work out when you're sick, you need your immune system to be firing on all cylinders, so you must carefully manage the duration, intensity level and overall volume of your exercise routines. Managing your exercise routine, consuming a healthy diet and getting enough rest are just a few great ways you can strive toward getting the best physical and emotional results, and avoid overexertion while sick.

Working out at Home

The good news is, being stuck at home doesn't mean you should stop working out. In fact, working out will likely help you keep a feeling of normalcy and protect your psyche while you're cooped up in your house. Exercise will help you maintain a centred and more rational mindset. You can work out anywhere no matter how much space you have. All you need is your own body weight and exercises where minimal equipment is required. You can do a quick full-body exercise routine at any time to stretch and strengthen your body. If you're interested in finding some routines to do in the comfort of your home, you can access a free fitness portal at <https://herbalifenutritionfitness.com>

Use this downtime to practice self-care, and to make time to take care of your body. Don't let yourself miss out on all of the wonderful health benefits associated with exercise. But remember, if you are sick and choose to work out, listen to your body and don't push yourself too hard with your exercise routine, or you can risk a temporary decline in immunological function.