

Combating physical inactivity during the COVID-19 pandemic

Ana Jéssica Pinto, David W. Dunstan, Neville Owen, Eloisa Bonfá and Bruno Gualano

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How to stay active during social isolation?

How much is enough?

The World Health Organization recommends for adults and older adults:



at least **150 min/week of moderate physical activity** or **75 min/wk of vigorous-intensity physical activity**

Supplemented with:



Muscle-strengthening activities at least twice a week

Older adults with poor mobility should also perform:



physical activity to **enhance balance and prevent falls** on at least **3 days/wk.**

Children and adolescents should perform:



at least **60 min/day of moderate-to-vigorous physical activity**, including **muscle- and bone-strengthening activities** at least 3 days/wk.

Any physical activity is better than none:

Move more and sit less throughout the day



How to be more active at home?

Take active breaks throughout the day! For example, take a **2-3 min walk** around the house for **every 30 minutes** of sitting.

Take the stairs in your house or building **OR walk around** the house or garden.

Use your own body weight to maintain strength! Do some sit-ups, press-ups, single knee raises, calf raises – **2 to 4 sets** with 1-2 min rest between sets.

Follow an **online exercise class**.

Play with the children! Tag, hide-and-seek, hopscotch, musical chairs, blind man's bluff, follow the leader, and indoor obstacle courses can be a start.

Attention, be careful!

Check with your doctor if it is safe for you to start exercising at home.

Are you new to exercising?! **Start with small amounts** and gradually increase duration, frequency and intensity over time.

Are you used to exercising?! **Adapt** your previous exercise training or **change** it to an **activity that can be done at your home**.

If you develop fever, cough or shortness of breath, **stop physical activity and reach out to your doctor** or health care provider.