

COVID -19 and Fitness

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Abstract

COVID-19 is a highly contagious disease caused by Novel Coronavirus and is known to have extreme and fierce respiratory disorder (SARS Coronavirus 2 or SARS-COV-2). This infection is closely associated to the SARS infection. This virus is transmitted from one person to another through respiratory globules delivered from aviation routes, when an infected person sneezes or coughs. Various study showed that the mild symptoms of corona infection can easily be treated at home. Moreover, the serum survey reports indicated that many people though infected with the virus but didn't show any symptoms. This means that the immunity of these people suppressed the corona virus, even without been noticed. The outcome of the susceptible or diseased people or the corona warriors develop the understanding that the strong immunity is the best medicine to deal with it. The immunity of the people varies with the age, gender, health, race etc. But, the common aspect to develop the immunity is healthy body and sound mind or mental toughness. The yogasanas, deep breathing exercises, walking, rope skipping, pilates, aerobics are the activities which can be performed regularly without any equipment and in minimum space. Furthermore, the positive thinking, positive attitude, motivation, sleep, time bound eating and daily routine works etc. can develop the sound mind.

Keywords: COVID-19, Fitness, Immunity, Virus, Infection.

Introduction

The year 2019 brought a bigger challenge to the world in form of an uncommon, unique virus named as COVID -19. The full form of COVID-19 is Corona Virus Disease 19 which was diagnosed in December 2019 and named as COVID -19 in February by WHO. According to WHO the latest updates is that, there are 27,032,617 confirmed cases of corona virus and out of these 881,464 deaths has been occurred. In India 4,204,613 confirmed cases of corona are found, whereas 71,642 has been died due to this deadly virus. It is contagious disease causing through extreme respiratory disorder. (SARS Coronavirus 2 or SARS-COV-2). This infection is closely associated to the SARS infection. And it cannot be treated with antibodies as it is viral pneumonia.

This viral infection named corona virus was diagnosed at Wuhan in China in December 19 and spread globally as the cause of spread could not be detected earlier and affected millions of people within no time and created a lot of panic. Later medical practitioners, researchers, scientists, health educationists, doctors made efforts and tried to understand the problem. Further they informed the people with different theories and symptoms of this virus. According to WHO the infected people may suffer with constant running nose, sneezing sore throat, coughing, fever, shortness of breath or problem in breathing and severe infected people may lead to blood clots, complete organ failure, hence death. This virus basically spread through the tiny globules comes from hacking, sniffing and talking also. It spreads from person to person standing closely and then touching your face (eyes, nose, ears, mouth) after touching the infected surface. Further it may be transmitted faster in the enclosed area through aerosols where it remains suspended in the air for the longer duration. The other issue related to this virus is complicated as sometimes the infected person do not show any symptoms initially and later on it appears after 13-14 days and till then in the absence of the detection it spreads among through many people till it is diagnosed.

Although it is a deadly infection even then we can prevent our self if we are physically fit and healthy. Fitness is the right of every human and must be attained through all the measures which can make you physically strong and fit. Physical fitness prevents us from the diseases, infections, and helps you to live a healthy life of a well being. But COVID -19 had placed a challenge before not only fight the virus but live a normal life

performing all the duties. To protect ourselves from this deadly virus many instructions had been given by WHO like washing of hands till 20 seconds or more , washing hands frequently, do not touch one's face, covering the nose and mouth with mask, maintain social distancing and many more. These mentioned precautions are good to save you from the infection but are not enough as the most important aspect is the development of the immunity. Strong immunity can prevent you from the diseases. It fights back with the diseases and all the health issues and keeps you fit and healthy.

It is noticed and mentioned by many health and medical experts that the COVID -19 is effecting those people more badly those are suffering from the diseases of heart, diabetes, cancers, obesity, asthma etc. and the senior citizens.(having weak immunity due to old age). The health educationists suggested the people to indulge you into moderate to vigorous exercises in order to develop strong immunity, so that the risk of infection is reduced. Time to time guidance and is being delivered by the different health agencies in this regard. It is also noticed that obesity is presumed as the bigger carrier of elevating the risk of severe corona virus.

Physical fitness develops strong immunity and makes you confident, energetic, and optimistic, self-esteemed and helps you to live a quality life. It further reduces the stress, tension, anxiety, depression and keeps you cool and calm. Regular practice of physical exercises stimulates all the systems of the body. It channelizes the energy throughout the body and improves working efficiency. It also makes the respiratory system more strong and efficient and prevents it from infection or virus. It increases the production of many hormones which uplift the mood and brings positivity. Further involvement in physical activities enhances the cognitive abilities and mental efficiency to analyze thoroughly and tackle the challenges efficiently without being panicky.

Physical activities increase the intake of oxygen which breaks the deposited fat and helps to reduce obesity. It mobilizes the immune cells which in turn kills the virus infected cells. It helps to release more protein which maintains immunity and enhance the production of new cells in the body which increases resistance to the infection. Physical exercises are good for all the peoples of any age to prevent them from all type of infections and diseases which can make them weak and susceptible to infection of corona virus. It is also beneficial especially for the old age people to prevent from the deleterious effect of corona virus as they are more vulnerable to diseases and infections.

Healthy body can help in maintaining the good mental health. The side effects of corona are more related to stress, anxiety and tension. These factors directly weaken the immunity of the body and hence make the person more susceptible to the infection of corona virus. Various study showed that the mild symptoms of corona infection can easily be treated at home. Moreover, the serum survey reports indicated that many people though infected with the

virus but didn't show any symptoms. This means that the immunity of these people suppressed the corona virus, even without been noticed. The immunity should be built strong not only through diet, but also make the mental toughness to deal with such adverse situations. The fitness of the individual both physical and mental should be focussed to sustain the good health.

It is paramount that to increase our immunity and to save our self from corona virus it becomes essential to indulge into the physical activities. WHO recommends a workout of about 150 minutes per week (30-40 minutes a day for 5 days) involving the fitness exercises like walking, cycling, jogging, stretching, aerobics etc can leave a profound impact on the fitness of the people. One should follow all the measures suggested by medical practitioners is important to reduce the chances of infection but keeping yourself fit and healthy can prevent you from corona virus. During this period of corona virus and lockdown it may be risky to go out of the house to perform the physical activities. So the exercises like yoga, aerobics, walking and dancing exercises can be performed in home (within the walls). It will help you to keep you stress free which may be developed due to the loneliness of lockdown period.

Aim of the Study

The aim of the paper is to bring awareness among people that how the development of immunity through physical activities can prevent them from the dangerous virus named COVID -19.

Conclusion

The pandemic situation arises due to corona for the very first time in the life time of current generation of the people. The worst thing of this disease is the universality. Everyone on the earth is unaware to deal with the situation when it attacked first especially in the beginning of the year. With the passage of the time and efforts of the scientists, medical experts and government intervention, the corona virus becomes the conquerable enemy. The outcome of the susceptible or diseased people or the corona warriors develop the understanding that the strong immunity is the best medicine to deal with it. The immunity of the people varies with the age, gender, health, race etc. But, the common aspect to develop the immunity is healthy body and sound mind or mental toughness. The simplest way to develop the health is the fitness related activities. Running, jogging, walking, rope skipping, swimming etc are the simple activities which can improve the health and simultaneously immunity. In consonance with the Government instructions and guidelines, one can indulge himself or herself in to fitness activities. The yogasanas, deep breathing exercises, walking, rope skipping, pilates, aerobics are the activities which can be performed regularly without any equipment and in minimum space. Furthermore, the positive thinking, positive attitude, motivation, sleep, time bound eating and daily routine works etc can develop the sound mind. The sound mind is the key for mental strength or toughness. People should follow a disciplined life and beware with the rumours and negative publicity. The quality time with family members and fulfil the

pending interests can add the strength to the desired goal of health and fitness.

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