

# Staying Active During the COVID19 Pandemic

The current COVID-19 pandemic can make it difficult to meet the 150 mins of physical activity as recommended by the HK Department of Health. It is important that we continue as much as we can, as physical activity has many health benefits, one of which is to boost the immune system and its fight against respiratory viral infections. Physical activity can also give us a psychological boost, helping reduce feelings of stress and anxiety. Fit in what you can, when you can. The more you move the better!

For the most up-to date information about COVID-19 please check the [Fight COVID-19 website](#).



## Exercise Recommendations

### Aerobic Activities - Do simple continuous activities to raise your heart rate

#### Indoor

- Walk briskly on the spot or around the house for 10- 15 minutes, 2-3 times per day
- Dance to your favorite music
- Do a circuit training [exercise video](#)



#### Outdoor

- Walk or jog around your neighborhood or local park (avoid crowded spaces)
- Hike in many HK country parks
- Be sure to wash your hands when you get home

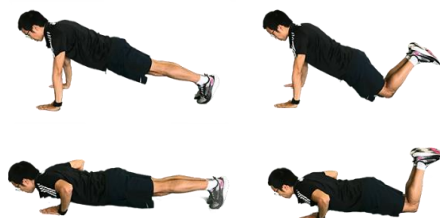


### Strength Training - Do simple strength exercises at home such as:

Squats or sit-to-stands from a chair



Push-ups against a wall, a table or the floor



Plank on floor



- Do a [circuit or strength training video](#) (no equipment necessary)

### FAQ about physical activity and COVID-19

- **How can I be physically active if I am at home?**
  - If watching TV or working from home, get up often and do some active chores. For example, sweep the floor, make the bed or do the laundry. For more at home workout ideas check our [online videos](#).
- **Will exercise help prevent the COVID 19 virus?**
  - Research shows that physical activity has an acute and chronically beneficial effect on our immune response and potentially reduces risk and severity of respiratory viral infection. Acute exercise bouts of moderate duration (< 60 min) and intensity (< 60% VO2max) are associated with less stress to the immune system than prolonged, high-intensity sessions.
- **Should I not exercise if I am infected and in quarantine?**
  - If you are infected, with no symptoms then moderate physical activity should be fine. If you develop fever, cough or shortness of breath, seek medical advice.



For more  
information,  
please click



<sup>1</sup> Nieman, D. C. Exercise, Immunity and respiratory infections. Sport Sci. Exchange 4:39, 1992.

<sup>2</sup> Nieman, D. C. & Wentz, L.M. The compelling link between physical activity and the body's defence system. Journal of Sport and Health Science 8:3, 2019