

# Moving in-the-midst of COVID-19

## Physical Activity for Healthy Weight



### *Physical activity* **prevents overweight and obesity.**

According to the Centers for Disease Control and Prevention, severe obesity increases the risk of acute respiratory distress syndrome (ARDS), a major complication of COVID-19. Physical activity plays an important role in achieving and maintaining a healthy weight.

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/groups-at-higher-risk.html#severe-obesity>

[https://research-repository.griffith.edu.au/bitstream/handle/10072/45357/77746\\_1.pdf?sequence=1](https://research-repository.griffith.edu.au/bitstream/handle/10072/45357/77746_1.pdf?sequence=1)

#### Exercise Intensity

##### Low Intensity

Can easily talk and sing without breathing hard

##### Moderate Intensity

Can comfortably talk, but can't sing

##### Vigorous Intensity

Can only say a few words before gasping for breath

#### At-Home Activities

Take a break from your daily routine to fit in some moderate-to-vigorous physical activity!

- Try kickboxing or yoga on the FitOn app!
- Go for a brisk walk or a bike ride in your neighborhood.

*(Practice social distancing and wear a protective face covering when interacting with others outside your home)*

#### Physical Activity Resources

- FitOn ([app](#))
- YMCA 360 ([website](#))

**Adults** should strive for at least 150 minutes of moderate to vigorous physical activity per week for optimal health benefits, including **2 days/week** of muscle strengthening activities!

