

# Moving in-the-midst of COVID-19

## Physical Activity for Immune Function



### *Resistance training improves immune function.*

A single resistance training session temporarily increases the number of circulating immune cells (leukocytes) in the body that help protect against infection.

<https://www.researchgate.net/publication/230643818> Immune Responses to Resistance Exercise

#### At-Home Activities

Take a break from your daily routine to fit in some strength-focused physical activity!

- Perfect your **crunch, lunge, or push up** form with one of **Livestrong's "How To" videos** and then challenge yourself to complete as many as you can in one minute (with good form)!
- No weights? No problem! Utilize items around your home or pantry, such as **canned food**, for added **resistance!**

#### Physical Activity Resources

- Sworkit ([app](#))
- Livestrong ([Youtube](#))
- Fitness Blender ([website](#))

#### Exercise Intensity

<b>Low Intensity</b>
Can easily talk and sing without breathing hard
<b>Moderate Intensity</b>
Can comfortably talk, but can't sing
<b>Vigorous Intensity</b>
Can only say a few words before gasping for breath

**Adults** should perform muscle strengthening activities at least **2 days/week**, while **children and adolescents** should do muscle strengthening activities at least **3 days/week!**

