

# Moving in-the-midst of COVID-19

## Physical Activity for Immune Function



### *Moderate physical activity* **improves immune function.**

Upper respiratory track infections were 43% lower among those who did at least 20 minutes of moderate intensity aerobic exercise on 5 or more days/wk!

<https://doi.org/10.1016/j.jshs.2018.09.009>

#### 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!

- Do a **7-minute aerobic workout** while bingeing your favorite show
- **Dance** to your favorite music
- Go for a **walk or run** around your neighborhood  
*(Practice social distancing and wear a protective face covering when interacting with others outside your home)*
- Use a **fitness/workout app**

#### Physical Activity Resources

- J&J Official 7-Minute Workout ([app](#))
- Fitness Blender ([free website](#))

For optimal health benefits, **adults** should strive for at least 150 minutes per week of moderate to vigorous physical activity, while **children and adolescents** should get **60 minutes per day!**

