

Keep it Moving During COVID-19

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Background

- The coronavirus (COVID-19) pandemic presents new challenges for staying physically active.
- Individuals with chronic conditions should avoid gyms altogether during this time.
- **But that doesn't mean you should stop moving!**

Why Moving Matters Now

- Moderate physical activity is associated with *better immune function* than just sitting around.
- Regular physical activity can help *reduce feelings of stress and anxiety*.
- Check out the following 5 tips to help you get moving!

Tip 1: Don't Sit All Day

- If you must watch TV, get up during every commercial (or certain time increments) and do a lap around your home!
- Limit sitting episodes to under 30 minutes.
- Mix in active chores (e.g., taking the trash out, doing the dishes or laundry) between rest breaks.
- Stand up and walk around if talking on the phone.
- Dance to your favorite music!

Tip 2: Get Outside if Possible

- Walk or bike around your neighborhood or local trails (staying 6 ft. away from others).
- Gardening and yard work is NOT canceled! Listen to music while doing it.
- Play active games with people in your household.
- Sunlight is important for mental health.

Tip 3: Schedule Your Exercise

- You are more likely to follow through with an exercise session if you treat it like an obligation in your calendar (e.g., doctor's appts, meetings).



Tip 4: Every Minute Counts

- Remember that something is always better than nothing. 2 minutes is better than 0 minutes!
- Walking to the mailbox and back counts.
- Don't get caught up in "all or nothing" thinking.
 - It's easy to skip it because you "don't have enough time," but that won't help you.

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Tip 5: Live According to Your Values

- For every "why" there is a "how."
 - Why is exercise important to you?
 - What will you be missing out on if your health declines?
- Research shows that we are more likely to stay motivated when we reorient ourselves to our core values and the reasons **why** we are doing something.

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Need More Reasons to Move?

- Exercise and Mental Health Benefits
 - Increased release of endorphins
 - Reduced stress
 - Increased sense of achievement and pleasure
 - Positive effect on body image
 - Enhances self-esteem
 - Maintains overall wellness
 - Increased blood flow to the brain
 - Reduced depression and anxiety
 - Improved sleep



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Summary

- Despite physical distancing you can keep it moving in and around your home (and outside!).
- The benefits of physical activity are too important for you to give up.
- Use the tips discussed in this presentation to increase your chances of success.
- Always remember that **something is better than nothing!**

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Questions?

Please do not hesitate to reach out!

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