

REDUCE SEDENTARY BEHAVIOUR AND STAY ACTIVE DURING SELF- QUARANTINE

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Abstract

The contagion (COVID-19) cases continue to arise, and many healthy individuals are being demanded to be home-based in self-quarantine. Staying at home for extended periods can significantly challenge remaining physically active. Sedentary behavior and low levels of physical work can adversely affect individuals' health, well-being, and quality of life. Self-quarantine can also cause further stress and challenge a person's mental health. During the outbreak of this pandemic, W.H.O. also recommends about two and a half hours of moderate-intensity or one hour and fifteen minutes of vigorous-intensity physical activity per week or a blend of both the intensity of physical work.

Keywords: Sedentary, Stay active, self-quarantine

Introduction

Fitness centers and other locations where individuals are usually dynamic will remain in some nations. The contagion (COVID-19) cases continue to arise, and many healthy individuals are being demanded to be home-based in self-quarantine. Self-quarantine can also cause further stress and challenge a person's mental health. Physical work and relaxation techniques can be valuable tools to help you remain calm and continue to guard your health during this phase. Staying at home for extended periods can significantly challenge remaining physically active. Sedentary behavior and low levels of physical work can adversely affect individuals' health, well-being, and quality of life.

A blend in the intensity of physical work during an outbreak of this pandemic disease is required by a person. W.H.O. also recommends about two and a half hours of moderate-intensity or one hour and fifteen minutes of vigorous-intensity physical activity per week. These recommendations can still be accomplished at home, with no distinct kit and restricted space.

Contraindication: This guidance is intended for people in self-quarantine without any

symptoms or diagnosis of acute respiratory illness.

The following are some tips on how to stay fit and decrease sedentary behavior at home in self-quarantine:

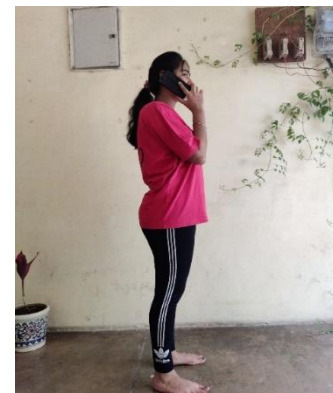
Take small active pauses during the day: Short sessions of physical work amount to the weekly situations. You may use the recommended exercises below as encouragement to be active daily. Dancing, playing with children, and performing household tasks such as cleaning and gardening are other means to stay active during self-quarantine.



Walk: Walking around or on the spot can help you remain active even in a bit of space. If you have a call on your mobile, stand or walk around your place while you speak instead of inactive. If you go outside to walk or exercise, maintain a 3 to 4 feet distance from another person.



Stand up: Reduce your sedentary period by standing up whenever possible. If at all possible, aim to interrupt sedentary and reclining time every 30 minutes. Consider setting up a standing desk using a high table or stacking a pile of books or other materials to continue working while standing. During sedentary relaxation time, arrange cognitively stimulating activities, such as talking on mobile, reading, board games, and puzzles.



Example of some exercises during self-quarantine

To give support to people who are staying physically active while at home, there are some exercises recommended.



Knee to elbow: Touch one knee with the opposite elbow, alternating sides. Find your own pace. Try to perform this for 1–2 minutes, rest for 30–60 seconds, and repeat up to 5 times. This exercise should increase your heart and breathing rates.

Plank: Support your forearms firmly on the ground, with the elbows under the shoulders. Keep the hips at the level of the head. Hold for 20–30 seconds (or more, if possible), rest for 30–60 seconds, and repeat up to 5 times. This exercise strengthens your belly, arms, and legs.



Back extensions: Touch your ears with your fingertips and lift your upper body, keeping the legs on the ground. Lower the upper body again. Perform this exercise 10–15 times (or more), rest for 30–60 seconds, and repeat up to 5 times. This exercise strengthens your back muscles.



Squats: Place your feet at a hip distance with the toes pointing slightly outwards. Bend the knees as much as feels comfortable, keeping the heels on the ground and the knees over (not in front of) the feet. Bend and stretch the legs. Perform this exercise 10–15 times (or more), rest for 30–60 seconds, and repeat up to 5 times. This exercise strengthens your legs and glutes.



Side knee lifts: Touch your knee with your elbow, lift the knee to the side, and alternate sides. Find your own pace. Try to perform this for 1–2 minutes, rest for 30–60 seconds, and repeat up to 5 times. This exercise should increase your heart and breathing rates.



Superman: Place your hands under your shoulders and knees under your hips. Lift one arm forward and the opposite leg back, alternating sides. Perform this exercise 20–30 times (or more), rest for 30–60 seconds, and repeat up to 5 times. This exercise strengthens your belly, glutes, and back muscles.



Bridge: Plant your feet firmly on the ground with your knees over the heels. Lift the hips as much as it feels comfortable and slowly lower them again. Perform this exercise 10–15 times (or more), rest for 30–60 seconds, and repeat up to 5 times. This exercise strengthens your glutes.



Chair dips: Hold onto the chair seat with your feet about half a meter away from the chair. Bend your arms as you lower your hips to the ground, then straighten the arms. Perform this exercise 10–15 times (or more), rest for 30–60 seconds, and repeat up to 5 times. This exercise strengthens your triceps.



Chest opener: Interlace your fingers behind your back. Stretch your arms and open your chest forward. Hold this position for 20–30 seconds (or more). This position stretches your chest and shoulders.



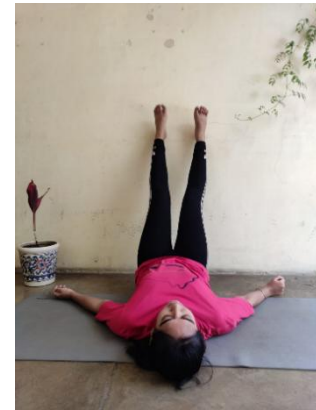
Child's pose: With the knees on the ground, bring your hips to your heels. Rest your belly on your thighs and actively stretch your arms forward. Breathe normally. Hold this position for 20–30 seconds (or more). This position stretches your back, shoulders, and sides of the body.



Seated meditation: Sit easily on the floor with your legs crossed (alternatively, sit on a chair). Make sure your back is straight. Close your eyes, relax your body, and progressively deepen your breathing. Concentrate on your breath, trying not to focus on thoughts or concerns. Remain in this position for 5–10 minutes to relax and clear your mind.



Legs up the wall: Bring your hips close (5–10 cm) to the wall and let your legs rest. Close your eyes, relax your body, and progressively deepen your breathing. Concentrate on your breath, trying not to focus on thoughts or concerns. Rest in this pose for up to 5 minutes. This position is meant to be comfortable, relaxing, and de-stressing.



References

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