

Exercise regularly to maintain your health

Exercising may not be at the top of the list as we struggle with how to protect ourselves, our families, and our communities during the COVID-19 pandemic. Yet, perhaps it should be near the top, because physical activity is relevant to controlling COVID-19 and maintaining your quality of life.

Physical activity is one of the most powerful forces for good health. It helps prevent and/or treat many physical and mental health conditions by improving functioning of numerous physiological systems.

You have had your spinal adjustment. Your immune system has gotten a boost and your body is ready for some mild exercise. You don't need to go crazy with exercise, just get up and out. Regular exercise combined with regular chiropractic visits will help you maintain your health.

Remember, physical activity has the potential to reduce the severity of COVID-19 infections. This virus attaches to lung tissue. The immune system detects an invader and attacks the virus. The conflict between the virus and immune cells creates inflammation. That inflammation causes damage to lung tissue that can become severe and require medical interventions, such as mechanical ventilators.

How is this relevant to physical activity? When you are active, muscles produce compounds that improve the functioning of your immune system and reduces inflammation. Thus, physical activity strengthens the two biological processes that react to the infection. Although studies of the effects of exercise have not been conducted with COVID-19 patients, the effects of exercise on immunity, inflammation, and viral respiratory infections are well documented. Because muscles make up 30-40% of body weight, they can be a powerful ally in fighting the impact of infection, but only when the muscles are being used. Moderate physical activity, like walking, has the best impact, and vigorous exercise, like running a marathon, temporarily reduce immune function.



*This healthy living information is provided by
your Doctor of Chiropractic and the
Idaho Association of Chiropractic Physicians (IACP) .*