

CHIROPRACTIC & HEALTH

A Natural Connection

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Physical Inactivity is a Significant Risk Factor for Hospitalization and Death from COVID-19

Sallis et al. (2021) Physical inactivity is associated with a higher risk for severe COVID-19 outcomes: A study in 48,440 adult patients. Br. J Sports Med.; 0:1-8 doi:10.1136/bjsports-2021-104080

QUOTE BOARD:

"Being consistently inactive increased the odds of hospitalization 2.26-fold compared with consistently meeting PA [physical activity] guidelines."

"Patients who were consistently inactive had 1.73 times greater odds of ICU admission than patients who were consistently meeting PA guidelines."

"The odds of death were 2.49 times greater for patients who were consistently inactive compared with patients who were consistently meeting PA guidelines."

Conclusions: "Consistently meeting physical activity guidelines was strongly associated with a reduced risk for severe COVID-19 outcomes among infected adults. We recommend efforts to promote physical activity be prioritized by public health agencies and incorporated into routine [health] care."

Key Concepts:

Daily exercise is a genetic requirement to express physical and emotional health, for proper immune function, and for resilience to inflammatory, degenerative, and infectious diseases.

"It is well known that immune function improves with regular PA, and those who are regularly active have a lower incidence, intensity of symptoms and mortality from various viral infections."

"Regular physical activity reduces the risk of systemic inflammation, which is a main contributor to lung damage caused by COVID-19."

"Additionally, exercise benefits cardiovascular health, increases lung capacity and muscle strength, and improves mental health."

Key Take Home Points:

Exercise or movement deficiency lowers your baseline physical and emotional health, lowers your immune function, lowers your quality of life, and increases your risk of severe illness including COVID-19.

The most common reasons for not exercising are joint stiffness and soreness and lack of energy/drive from lowered mood/depression.

The number one intervention to increase joint mobility and comfort and for decreasing joint and muscle pain and stiffness is chiropractic adjustment/manipulation.

Stay supple and stay comfortable with regular chiropractic care so you can stay mobile and stay healthy!