

Exercise Deficiency and Immune Compromise, Chronic Inflammation, and Chronic Disease: What Everybody Needs to Know

Sallis, R. et al. (2021) Physical inactivity is associated with a higher risk for severe COVID-19 outcomes: a study in 48,440 adult patients. *British Journal of Sports Medicine* – BMJ. doi:10.1136/ bjsports-2021-104080

QUOTE BOARD:

“Patients with COVID-19 who were consistently inactive had a greater risk of hospitalization, admission to the ICU, and death due to COVID-19 than patients who were consistently meeting physical activity guidelines [150 minutes/wk of vigorous physical activity].”

“Patients who were consistently inactive also had a greater risk of hospitalization, admission to the ICU, and death due to COVID-19 than patients who were doing some physical activity.”

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 prioritised by public health agencies and incorporated into routine medical care.”

What You Need to Know:

“It is well known that immune function improves with regular PA [physical activity], and those who are regularly active have a lower incidence, intensity of symptoms and mortality from various viral infections. Regular PA 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. These are mechanisms by which regular PA could play an important role in mitigating the severity of the COVID-19 pandemic, in addition to its beneficial effects on multiple chronic diseases.”

“During the pandemic, populations across the globe have been advised to stay home and avoid contact with individuals outside of one’s household. Lockdowns and other measures that constrain travel have restricted access to gyms, parks and other venues where people can be active. In the USA, education about the benefits of PA and advice to maintain or increase PA during the pandemic has been essentially absent.”

What You Need to Do:

You need to ensure you and your family get daily exercise. Going for a walk is free, it improves your health, improves your immune function, and makes you feel and look better!

Daily exercise, along with other healthy lifestyle choices, including supplementation with Innate Choice OmegA+D Sufficiency to ensure sufficient intake of omega-3, Vitamin A and Vitamin D, is the most evidence-based, most effective way to increase your baseline health and immunity and decrease your risk of both acute respiratory illness like Covid-19 and influenza and chronic illnesses like cancer, diabetes, heart disease, obesity, and arthritis.