

## SPORTS for Exceptional Athletes

### Sports and Exercises to do at Home during the Coronavirus Pandemic

How Much Exercise May Be Just Right?

Here are some guidelines based on just the right amount — for most people.

- Walk several times a week at home. If you walk on the sidewalk in your neighborhood, always maintain social distancing of at least 6 feet from others and wear a facemask if you have one or can make one.
- Stay at home to do your exercises.
- Do perform mild to moderate exercise (20-45 minutes), up to three times per week (do same amount as you were doing before the Coronavirus Pandemic).
- Strive to maintain (not gain) strength or fitness during the quarantine period.
- Do avoid physical contact during exercise, such as playing team sports, that is likely to expose you to mucosal fluids or hand-to-face contact.
- Wash and disinfect equipment after use.
- Remain engaged with teammates through social media, rather than social gatherings or contact.
- Eat and sleep well to boost your immune system.
- Remain optimistic that this too shall pass.

#### Links

- [https://www.exerciseismedicine.org/assets/page\\_documents/EIM\\_Rx%20for%20Health%20Staying%20Active%20During%20Coronavirus%20Pandemic.pdf](https://www.exerciseismedicine.org/assets/page_documents/EIM_Rx%20for%20Health%20Staying%20Active%20During%20Coronavirus%20Pandemic.pdf)
- <https://www.sciencealert.com/should-we-be-exercising-during-the-coronavirus-pandemic>