Keep it Moving During COVID-19
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Background
- The coronavirus (COVID-19) pandemic presents new challenges for staying physically active.
- Individuals with chronic conditions should avoid gyms altogether during this time.
- But that doesn’t mean you should stop moving!

Why Moving Matters Now
- Moderate physical activity is associated with better immune function than just sitting around.
- Regular physical activity can help reduce feelings of stress and anxiety.
- Check out the following 5 tips to help you get moving!

Tip 1: Don’t Sit All Day
- If you must watch TV, get up during every commercial (or certain time increments) and do a lap around your home!
- Limit sitting episodes to under 30 minutes.
- Mix in active chores (e.g., taking the trash out, doing the dishes or laundry) between rest breaks.
- Stand up and walk around if talking on the phone.
- Dance to your favorite music!

Tip 2: Get Outside if Possible
- Walk or bike around your neighborhood or local trails (staying 6 ft. away from others).
- Gardening and yard work is NOT canceled! Listen to music while doing it.
- Play active games with people in your household.
- Sunlight is important for mental health.

Tip 3: Schedule Your Exercise
- You are more likely to follow through with an exercise session if you treat it like an obligation in your calendar (e.g., doctor’s appts, meetings).
Tip 4: Every Minute Counts

- Remember that something is always better than nothing. 2 minutes is better than 0 minutes!
- Walking to the mailbox and back counts.
- Don’t get caught up in “all or nothing” thinking.
  - It’s easy to skip it because you “don’t have enough time,” but that won’t help you.

Tip 5: Live According to Your Values

- For every “why” there is a “how.”
  - Why is exercise important to you?
  - What will you be missing out on if your health declines?
- Research shows that we are more likely to stay motivated when we reorient ourselves to our core values and the reasons why we are doing something.

Need More Reasons to Move?

- Exercise and Mental Health Benefits
  - Increased release of endorphins
  - Reduced stress
  - Increased sense of achievement and pleasure
  - Positive effect on body image
  - Enhances self-esteem
  - Maintains overall wellness
  - Increased blood flow to the brain
  - Reduced depression and anxiety
  - Improved sleep

Summary

- Despite physical distancing you can keep it moving in and around your home (and outside!).
- The benefits of physical activity are too important for you to give up.
- Use the tips discussed in this presentation to increase your chances of success.
- Always remember that something is better than nothing!

Questions?

Please do not hesitate to reach out!

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