

Indoor Activities for Physical Fitness During Lockdown

Sakshi Manoj Khatri¹, Manoj Patil²

Jawaharlal Nehru Medical College, Datta Meghe Institute of Medical Sciences (Deemed To Be University), Sawangi (Meghe), Wardha, ²Research Consultant, Jawaharlal Nehru Medical College, Datta Meghe Institute Of Medical Sciences (Deemed To Be University), Sawangi (Meghe), Wardha

Abstract

The on-going novel corona virus 2019 from the outbreak of china is affecting many more countries almost 213 have been reported. The highest number of cases till 10th of July 2020 is from the country united states. India is the 3rd most country which has been affected by novel corona virus 2019. The least country which is affected and recovered also is an islands of saint pierce and Miquelon. So for the measure of preventing the novel coronavirus the most of the government has declared complete lockdown especially in India there were complete lockdown from 23rd march 2020 and this whole pandemic thing has affected a lot of people, students, children's, elders and all as all gyms and garden were closed people were not able to go out so then what about their fitness in this pandemic. New data has been come out that while doing exercise may reduce the risk of breathlessness like respiratory distress syndrome, which is one of the major causes of death with coronavirus 19. (covid19). Breathing disorder, a severe lung condition. Physical activity should not be confused with exercise. Physical activity means movement of body that uses energy. It can be moderate Or vigorous intensity. Let's be active everyone and every day. Regular physical activity reduces the risk of non-communicable diseases like blood pressure, ischemic heart disease, stroke, blood sugar level, colon and breast cancer. All conditions that increase the susceptibility to covid-19. And mainly in the lockdown the new things for people it will help you from to maintain your weight and from anxiety and depression.

Key words : *Fitness and health come first proper diet and proper care will not lead to coved.*

Introduction

At the beginning of lockdown people were enjoying the new change unhealthy lifestyle with a lots of home food and zero exercises. All progress take place outside the comfort zone. As we know good things come to people who sweats. Once you see the result it will make yourself happy and feel good. As health care provide, we need to considered that what can we do for the physical fitness by staying indoors and doing activities. From building up for proper routine to right from waking up till night. Rewarding yourself on reaching a milestone, giving proper time for exercise. Adopting various method to not get obsolete. In the form of running, walk at home, programs, weight training accompanied with proper diet, sleep and water intake.

Healthy health at home. This pandemic is not easy for anyone especially people who work out from the home because sitting at home doing the work without any movement may affect both physical and mental status of

the person. But the time like this it's very important for all ages of people to do activities at this point of time. By doing these 3 to 5 mins also it will not only ease your muscles but also blood circulations also.

It will affect both body and mind. Not only these it will also affect urn bone and muscle strength, flexibility and fitness.

It's even harder for the people who don't do all this activity but for time being its very much essential to do.

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Ten boons of physical activities : -

It will reduce your health risk. Change what you eat and when you eat. Stop smoking and control your blood pressure by eating healthy. So that way it's helping your blood vessels to get clear. Which helps your heart strong and diseases free? As I already said stop smoking to

strengthens your lungs as smoking impairs lung function making it harder for the body to fight off coronaviruses and other diseases. Reducing the risk of diabetes mellitus as the patients who had diabetes more likely to have serious complications and patient may lead to death. Weight management not only for the fear of coronavirus but also for your own fitness as you know "health is wealth".⁽¹⁾

So, weight management should be seen in the fitness list. It makes your bone strong and it also helps in preventing the cancer like colon and breast and many more. It regulates the hypertension the main reason is atherosclerosis. It also improves your enthusiasm level and it also builds up your stamina. And lastly and most importantly it enhances emotional wellbeing. And control in your delirium, anxiety and depression.⁽²⁾

Getting started

Fitness studio shutting and we are adjusting the new life. You are your own gym. To make health habitual in this pandemic we need to Thake this as an opportunity to promote the healthy lifestyle to prevent the diseases and for our mental health. Making new healthy habit. Deciding on a goal to achieve a new healthy habit. Plan when where and what will you be doing.⁽³⁾ It will get easier with time and in about ten weeks you will find out that automatically you're doing without any great initiations but you will feel good to do it and it will be a congratulations to you for making the healthy habit. Create a goal to have more wears and green vegetables not only that but to also have more proteins also. Not only this normal fluid intake in man per day is 3.7 liters and women is 2.7 liters.it will help you to lose your weight it will also boost your metabolic rate also.⁽⁴⁾ It will also help you to relive the headache, constipation and kidney stones etc.

Home fitness revolution

As the covid19 is affecting people. As people are not going out due to the mode of transmission it's better to have social distancing and take as much as precautions we can take. As government announces the complete lockdown in India and it includes all thing gymnasiums, pools, Zumba classes, dance classes and garden places also where people use to go every day for their fitness but now what as the things are being closed so here we come with the unique and the useful thing like home fitness

mutiny.⁽⁵⁾ In esteem to these issues, gyms and fitness centers like dance classes, yoga places are throughout in the India have been closed during the period to ensure the shielding of its citizens.⁽⁶⁾ Before considering this coved 19 the people has actually had the apps for indoor cycling like Zwift, indoor cycling, cycle go indoor, full gas and many more. Hence know people are considering this more as there would be the new trend going in with social distancing norm of being self-distanced home workout.⁽⁷⁾ Workout in simple language is it effective to do workout at home in short and simple = yes why not? You can complete a perfectly good fitness routine at home using nothing more than your body weight.⁽⁸⁾

Triceps dips= it's one of the top most great and effective body weight exercise that not only builds but strengthen your arms and shoulders. It can be done anywhere and its simple to do.it is for upper body strengthen workout. Yeah, the muscles part which work for the triceps dips are anterior deltoid, the pectoralis muscles like sternal, clavicular and minor. And the rhomboid muscle of the back.⁽⁹⁾

How to do triceps dips?

1)while you use your hand grip the front edge of anything like chair, stool, table or stairs also you can use.

2)remain in one place in air with your buttocks region just off and make sure your feet flat, to make the bending of the legs so that the thighs are parallel to your floor where ever you are doing exercise.⁽¹⁰⁾

3) the starting position is to straighten your arm. It will help you to do triceps dips more evenly and flexibly.

4)bring your arm to 90 degrees make sure it is in comfortable position.

5)engaging your triceps and bringing back to first.

That's one act!

Simultaneously do inhalation and exhalation also. Don't do sinking of shoulders. There should be action of shoulder joint flexion and extension that would be engaging the triceps muscles.⁽¹¹⁾

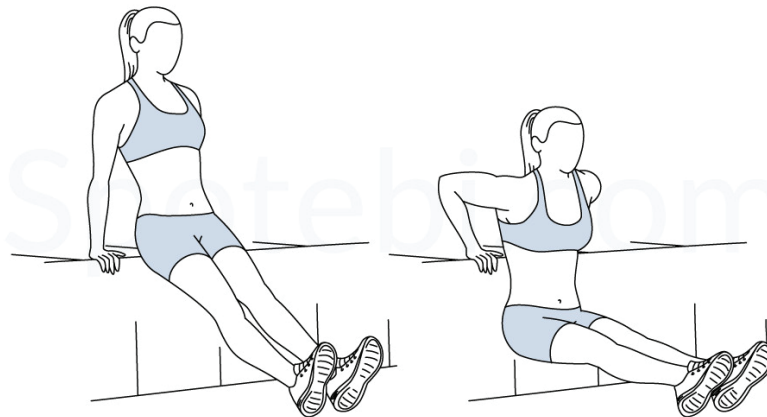


Figure 1: Pot rating how to do triceps dips.

Plank exercise: - Plank don't just work your core they work for your entire body. Plank is one of the most and the best calorie burning and beneficial exercises. A plank hold engages multiple muscle at once there by benefiting the core strength of your body. ⁽¹²⁾ Not just burning the fat around your abdomen area they also work by giving you good posture and flexibility.⁽¹³⁾ The 2 vital components it will help you to keep your shoulder back and lower back in neutral position while sitting or standing.⁽¹⁴⁾



Figure 2: How to do plank? ⁽¹⁵⁾

Yoga and mental health

Yoga has all three things for health that are physical, mental and spiritual from prehistoric India. Freedom and flexibility to get on and do. It also helps in various form like to cure from depression, fatigue, stress and many more.⁽¹⁶⁾ Not only all this the positive vibes that people needed in this pandemic the yoga has that efficacy to do. It removes toxins from urn body. Physically mentally fit is both important in today's time as in this pandemic is something new for people.⁽¹⁷⁾

There are some types of yoga you should do it to keep your mental health good. It will help you to have satisfaction.

1) Yoga Sana: - standing, sitting, prone and supine lying. Do it with breath awareness. Cardiac patient shall do it with care. It helps to improve chest expansion and cardio pulmonary functions.⁽¹⁸⁾

Surya namaskar (the ultimate asana)

Strengthen your back as well as your muscles and bring down blood sugar level. Helps to improve metabolism.⁽¹⁹⁾



Figure 3: Types of soya namaskar asana.

There are 12 asanas in this soya namaskar Ana the first one is namaskar asana. Second one is hastotanasana where hand stretching is the pose. thirdly it is podahastosana this is your feet to hand pose. Then fourthly you have ashwa sanchalanasana this is horse

parading pose. Then come 4-point stick pose which is also called as chaturanga dandasana. Sixthly, it is downward facing dog pose adhomukha shewanasana . Then there is 8-point namasker which is also known as astanga namaskara. Bhujagasana that is cobra pose it's the 8th position. In 9th position it is like baby pose also called as balasana. 10th position is horse parading pose which is ashwa sanchalanasana and second lastly there is foot to hand asana which is padahastanasana and lastly your 12th position is hand stretching pose that is hastottanasana.

1)namaskarasana. Benefits= mental health is affecting this pandemic so this asana helps your calmness of mind and breathing regulation.

2)hastotanasana (hand stretching pose).

Benefits= infusing of the blood in Cerro-spinal column and it is helping on stretching of posture.

3)podahastosana (feet to hand pose).

Benefit= this asana helps you to reduce your adipose fat which also encourage you for the weight loss. As there is infusing of the blood in the cerebro-spinal system so the blood is also going in to abdominal organs which helps in functioning and healthy system of lifestyle.⁽²⁰⁾

4)ashwa sanchalanasana (horse parading pose).

Benefit= by this asana you're getting strength and flexibility to your hip region, pelvic are and muscles and shoulders. Strengthening is benefited for your musculoskeletal system.

5)chaturanga dandasana (4- point stick pose).

Benefit= this asana helps you to maintain your straight and stiff posture of the back and abdominal muscles. It also helps in reduction of muscles by holding of your abdomen muscles like transverse abdominis and rectus abdominis.

6)adhomukha shewanasana (downward facing dog pose).

Benefit= this asana helps in flexibility, strengthen for your legs muscles sartorius, gastrocnemius muscle like and your thigh muscles like semimembranosus muscle, semitendinosus muscle, gracilize muscle.

7)astanga namaskara (8-point namasker).

Benefit= it's an interim asana.

8)bhujangasana (cobra pose).

Benefit= it's helps in stretching.

9)balasana (baby pose).

Benefit= it helps you to reduce your neck and back pain, simultaneously, it helps you to reduce your stress and fatigability and off course your weight.

10)ashwa sanchalanasana (horse parading pose).

Benefit=it is good for musculoskeleton system.

11)padahastanasana (foot to hand asana).

Benefit= stretching and strengthen of the muscles.

12)hastottanasana (hand stretching pose).

Benefit= for calming of the mind.

There are some contraindications in which you should avoid surya namskara (the ultimate asana) like the person who has went in recent surgery or who has severe back ache or vertigo don't do it stop immediately.

Meditation

Meditation is like giving a hug to ourselves, getting in touch with that awesome reality in us. While meditating we feel a deep sense of intimacy of god, a love that is inexplicable. Meditation is a process of slowing down yourself, calming down yourself, don't worry, don't hurry...trust the process.⁽²¹⁾ Your goal is not to battle with mind, but to witness the mind. Not only for attention and awareness but also for mentally calm emotional state. It's a part of self-realization and enlightens. meditation is under the effect of psychological, neurological and cardiovascular and many more other affects. Meditation helps in improvement in anxiety and depression and other effects also. The anxiety and depression are affecting more people in this pandemic of India. Mediation also help in irritable bowel syndrome(is), insomnia and post-traumatic stress disorder.⁽²²⁾



Figure 4: Meditation

Why exercise?

- Improves the quality of life.
- It will help you in sleep.
- Reduces stress.
- Improve asthma control.
- You will happy.
- It will help your skin health.
- Relaxation.
- Builds aerobic power.
- Reduces the risk of arthritis.⁽²³⁾
- Maintain the immune system.
- Improves your mood.
- Lower dementia risk.
- Boost memory.
- It helps to not develop obesity.⁽²⁴⁾

This all we need in this pandemic to a better life and lifestyle.

Exercising while social distancing

As the time passing there are going to be unlocking to all the system as life don't stop. As people will come out keeping in mind coved 19 is there wearing of mask and self-distancing is must. Getting some fresh air without coming in contact with people. You can do walking, cycling and jogging and all. Use the mask which is washable as there is allergy season going on.⁽²⁵⁾ You should exercise alone. Not at all in the groups it

should be avoided till covered 19. Especially children's and elders should avoid going out for the exercises. Take the social distancing very seriously as you're doing exercise outside the home and then going inside home it will affect your family people. Keep in the reminder of 2 or 6 feet of distance is must. Though gardens and gym will not open soon as case are increasing as unlock as done so need to keep in mind roads are new health place and fitness place. If u find also some your close friends or relative just keep in mind hand waving and doing namaste from a distance will boost his or her mood. Taking in all this consideration people should do exercising with social distancing.

Exercise after covid19

Physical fitness is must in today's time. Not only for just to be fit also for your mental health. It reduces so many things just buy doing exercise the non-communicable diseases like hypertension, diabetes, colon and breast cancer and many more. It makes you feel, good, happy, energetic.⁽²⁶⁾ So why not to continue the exercise and say no to the diseases? Is it too much to ask for? For those who are doing it initially knows they are on the right track. Those who started doing in this pandemic here you go with starting game of your good health. The one thing in this pandemic you can say that health is your friend and you get happiness while doing so let's make a promise to our self-healthy lifestyle better lifestyle say no to diseases. It's for our selfcare. For beater future and healthy life style. Do it for today and for coming tomorrows. One last thing maintains a persistence, consistency and discipline.⁽²⁷⁾

From here where?

As we know food is a great friend of our human being. It has help in this pandemic also for many people but it had led to the cause also like obesity. Food in some amount is good not being overeaten. Weight gain it can encourage many people to start a new lifestyle a lifestyle of being fit and fresh mind and being not stressful. ⁽²⁸⁾ Being responsible and dutiful like sun, stay positive and being fit. Search a beauty in your lifestyle by doping exercise, work out. Or anything you called. Strive for progress not for perfection in your fitness. Physical fitness or exercise is not only one of the most important keys to a healthy body, it's the basis of dynamics and creative intellectual activity.⁽²⁹⁾ And remember the last

thing the famous quote "health is wealth".⁽³⁰⁾ Take care of your body it's the only place you have to live. Put the excuses aside.

Conclusion

Lockdown implemented in an attempt to contain the COVID 19 virus which is unpredictable for the countries and representing the major societal changes for people's with mental health and physical health. Any health care professional should use this time as window opportunity to provide physical health and counselling to their patients. Healthy eating doing exercise sleeping on time making your own health good. Will conclude to "HEALTH IS WEALTH".

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