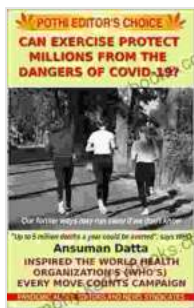# Can Exercise Protect Millions From The Dangers Of Covid 19?

The COVID-19 pandemic has had a devastating impact on the world, with millions of people becoming infected and hundreds of thousands dying. As the virus continues to spread, scientists are working hard to develop vaccines and treatments, but there is no guarantee that these will be effective or widely available.

In the meantime, there are a number of things that people can do to protect themselves from the virus, including wearing masks, social distancing, and washing their hands frequently. However, a growing body of research suggests that exercise may also play a role in protecting people from COVID-19.

Can Exercise Protect Millions From The Dangers Of COVID-19? by Ansuman Datta

★★★★☆ 4 out of 5

Language	: English
File size	: 4514 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 23 pages
Lending	: Enabled

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How Exercise Can Protect Against COVID-19

There are a number of ways that exercise can help to protect against COVID-19. First, exercise helps to strengthen the immune system. When you exercise, your body produces white blood cells, which are essential for fighting off infections. Exercise also helps to increase the production of antibodies, which are proteins that neutralize viruses.

Second, exercise helps to improve lung function. When you exercise, your lungs take in more oxygen and expel more carbon dioxide. This helps to improve the overall health of your lungs and makes them more resistant to infection.

Third, exercise helps to reduce stress. Stress can weaken the immune system and make you more susceptible to illness. Exercise is a great way to relieve stress and promote relaxation.

How Much Exercise Do You Need?

The Centers for Disease Control and Prevention (CDC) recommends that adults get at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity per week. However, even small amounts of exercise can be beneficial.

If you're new to exercise, start slowly and gradually increase the amount of time you spend exercising. You don't need to go to the gym to exercise. You can get a good workout by walking, running, swimming, or biking.

## Tips for Incorporating More Exercise into Your Life

Here are a few tips for incorporating more exercise into your life:

- Find an activity that you enjoy and that you're likely to stick with.

- Set realistic goals and don't be afraid to start small.

- Make exercise a part of your daily routine.

- Find a workout buddy to help you stay motivated.

- Listen to your body and rest when you need to.

Exercise is a powerful tool that can help to protect you from COVID-19. By incorporating more exercise into your life, you can boost your immune system, improve your lung function, and reduce stress. Even small amounts of exercise can be beneficial, so start today and make exercise a part of your healthy lifestyle.

For more information on the benefits of exercise, visit the CDC website at https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html.
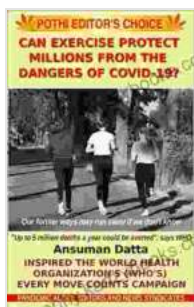
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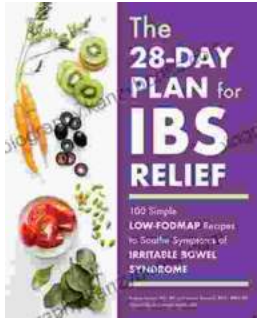
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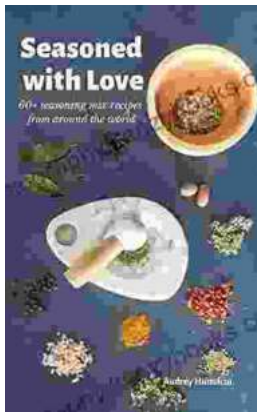
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