

## Exercise in Anxious Times

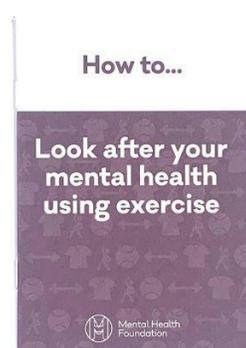
To Sweat, or Not to Sweat? 'Tis not the question.

Physical Exercise boosts mental well-being. Few argue that mental vibes are unimportant in crises.

Cicero didn't!

"It is exercise alone that supports the spirits and keeps the mind in vigour."

England's Mental Health Institute offers a free pocket guide of great value. Get a copy @ [https://www.mentalhealth.org.uk/sites/default/files/styles/tile\\_image/public/H2Exercise\\_Tile.jpg?itok=2ZmUng9f](https://www.mentalhealth.org.uk/sites/default/files/styles/tile_image/public/H2Exercise_Tile.jpg?itok=2ZmUng9f).



"Being active doesn't have to mean doing sport or going to the gym. There are lots of ways to be active; find the one that works for you and let's all get physical!"

Being *active, getting physical*, should be your family's and your priority – in good times and in pandemically bad ones.

An updated NY Times [article](#) by Gretchen Reynolds (March 10, 2020) offers invaluable knowledge to help in your deliberations...

"The latest science suggests that being fit boosts our immune systems, and that even a single workout can amplify and improve our ability to fight off germs."

However, comma... too much of this good thing (motion to sweat) may not be wonderful. Do **Not** Overtrain! You don't want too much exercise-induced inflammation – do you?

That Times article also quotes,

"research about exercise and our immune systems tells us that "there is no or limited reliable evidence for exercise directly increasing the chance of developing any kind of viral infection," said Professor James Turner, co-author of the 2018 review about exercise and immunity... So, **it is safe to exercise**, despite concerns about coronavirus," he concludes. Exercise, in fact, will *probably* lessen the risk of an infection."

Again, some positive bets of mind/body exercise are OFF if a person over-trains, or doesn't let her/his body restore, repair and rebuild after a good workout. As the Hill Street Blues sergeant, Phil Esterhaus, said, "Let's be careful out there."

Where should your family and you exercise (carefully)?

A pretty good response is, wherever "**social distancing**" works for you. Outside or indoor!

- The great outdoors is an uber-good place to move and sweat. And, getting your daily dose of Vitamin C3 is an outdoor perk!
- An indoor workout spot can be fine. That said, "germy" gym equipment should be avoided. Duh... You know, particularly now, that microbiomes can linger on commonly used surfaces.
  - o With clean surfaces (A NIH [report](#) mentioned that Cross-Fit facilities weren't rock stars for bacterial cleanliness, by the way).

Cleanliness, as we're relearning, is next to godliness.

Isolation, gym surfaces, inflammation, oh my.

***How long can adults generally go without losing their fitness "edge?"***

Missing exercise for a few days to a week *won't* impact your strength measures. [Two weeks](#) is a proximate point when your fitness wheels start to get wobbly, with endurance and strength diminished. Cardio-capacity drops quicker than loss of strength. This is a reason to keep moving and sweating, unless you cannot!

If only we could get into athletic shape as quickly as we experience losses?! Such is life.

From an integrative sense, please eat clean and try to avoid emotional grazing.

And do not forego your restorative sleep!

Tough times don't last, tough people do.

Be well,

*Dave Frost*