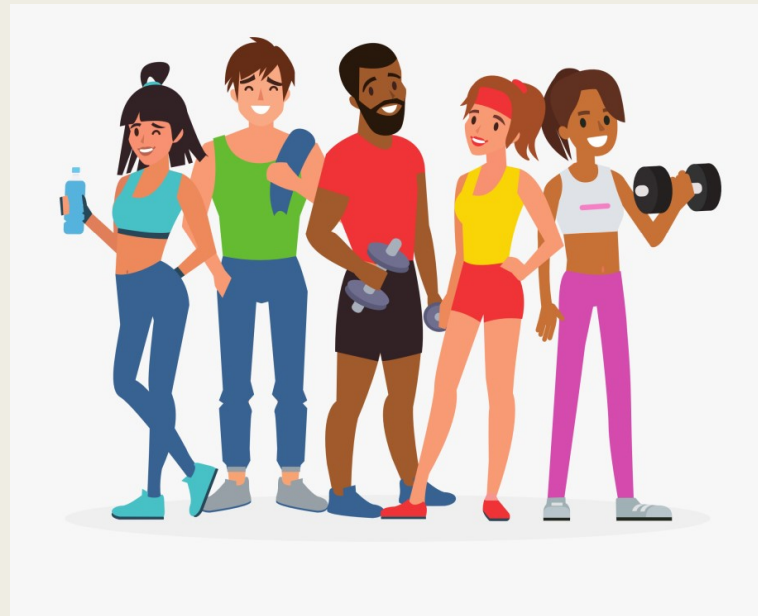


Staying Healthy at Home



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The Importance of Exercising at Home

- Exercising at home is essential to maintain a healthy body under the circumstances of being quarantined at home. While it might not be ideal to exercise at home due to the lack of equipment that improves efficiency, it's needed to reduce the chances of other harmful effects.

The Effects of Not Exercising During Quarantine

- Assuming that there is a minimal to no increase in one's bpm in conjunction with movement, the harmful effects of this ranges from a mental spectrum to a physical spectrum.
- The constant intake of food, which your body breaks down into glucose could lead to a high blood glucose level. This could overwhelm the insulin in one's body which could lead to diabetes.
- Other physical effects are obesity, coronary artery disease, strokes, obesity, and rarely cancer (colon, breast and uterine) and low bone density.

The Effects of Not Exercising During Quarantine

- The mental effects of not exercising during quarantine could lead to depression and anxiety which is created through a direct impact on the main neurotransmitters (acetylcholine, dopamine, norepinephrine, serotonin, gaba and glutamate). A decrease in acetylcholine (which deals with motor neurons) will occur due to the lack of movement.

How to Stay Healthy

- Two major aspects of staying healthy during a pandemic is eating healthy, and exercise (to burn off excess glucose).

Exercise Routine

- Before exercising, it is a good idea to stretch one's arms, legs and torso, to reduce the chances of straining one's body.
- Cardiovascular activities usually acts as a smooth transition set of exercises that increases one's bpm which moves blood around the body faster and prepares the body for specific muscle group exercises. Cardiovascular activities include running/jogging, biking, mountain climbers etc. Cardio should be conducted in a time frame of about 20 minutes minimum (if running or biking).

Exercise Routine

- It's more helpful to organize which exercises one might choose according to the different muscle groups.
- After the cardio, depending on the targeted muscle group, exercises such as planking, pushups, sit-ups, starfish crunches, squats, lunges, etc.
- At least three exercises with 2 repetitions of 4 sets each are needed to burn off the excess glucose and carbohydrates (this varies with food intake).
- It is always a good idea to integrate cooldown exercises into your workout to not immediately switch from a state of movement to being stationary.

Eating Healthy

- Avoid any “comfort food” that contains too much fat or additives that will conflict with a set routine.
- Focus on healthy foods such as fruits, vegetables, and good sources of protein such as beef, lamb, fish, and chicken.

Tips for exercising

- Keep track of what you do.
- Don't overexert yourself!
- Relate a muscle group to a specific day to reduce stress and increase efficiency.

Recap

- Exercising is important or else one's body will risk being damaged.
- Exercise routine: Start with cardio, exercise a specific muscle group, cool off.
- Eating Healthy is important, or else it contradicts the exercising routine.

Resources

- PoweronPowerOff staff, PowerOnPowerOff 2018, accessed 21st April 2020, <https://poweronpoweroff.com/blogs/guide/what-are-the-main-neurotransmitters>
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