

College of Public Health and
Human Sciences

STAYING ACTIVE DURING COVID- 19

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FITNESS



Oregon State
University

Rethink your fitness strategy

- Acceptance of short time frame
- CDC recommends bouts of 10 minutes
- Move more, sit less
- Activity has immediate **physiological** and **psychological** benefits and prevents most conditions
- Moderate physical activity boosts immune system
- Strength and weight training are not synonymous



(<http://www.ihealthsphere.com.au/>)

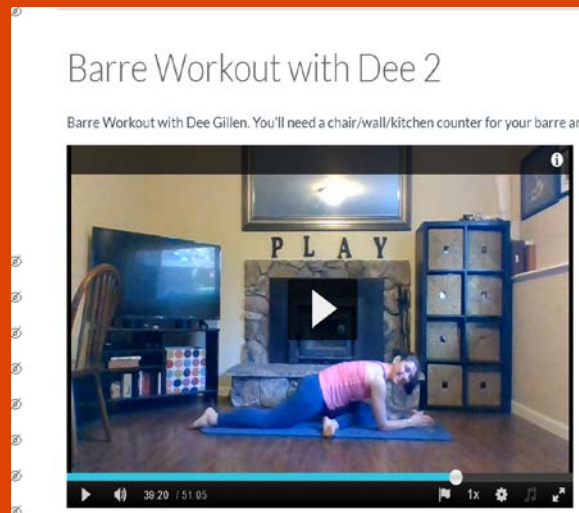
Go outside

- Sunshine/UV, wind help degrade the virus
- Watch the “slipstream” when running or biking
- More space
- Careful of sports



Indoor options

- Indoor workouts
 - 3 minutes for every 30 minutes
 - Stairs – slow, fast, up, down, sideways
 - Dance parties
- Online workouts
 - Faculty Staff Fitness Online offerings, \$20 pre-recorded for term
 - Dixon members Zoom Classes with membership



At home strength exercises



10-12 repetitions
2-3 sets



Don't have fitness equipment?

- Cans or water bottles for dumbbells
- Empty milk/water jug
- Backpack for weights
- Books to go in backpack
- Mat or carpeted space



Lower Body Tension Relief Guide



Seated Forward Bend



Seated Buttock Stretch



Seated Twist



Knee to Chest



Quadriceps Stretch



Hamstrings Stretch

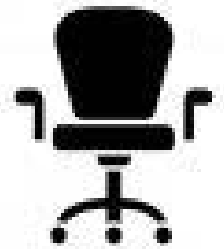
<https://www.compass-therapy.com>



Standing Forward Bend

- Move slowly - Hold each stretch for 20 seconds per side - Stretches should be pain free -

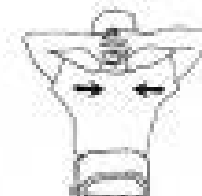
Upper Body Tension Relief Guide



Neck Side Bend



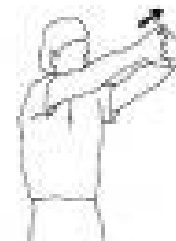
Neck Rotation



Shoulder Extension



Shoulder Strength

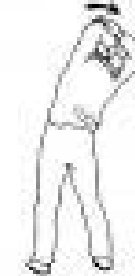


Shoulder & Rhomboid Stretch



Overhead Reach

Photo courtesy of @danielandfranceskisses



Side Bend & Triceps Stretch



Wrist Flexor & Extensor Stretch

- Move slowly - Hold each stretch for 20 seconds per side - Stretches should be pain free -



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THANK YOU!

[HTTPS://HEALTH.OREGONSTATE.EDU/FSE](https://health.oregonstate.edu/fse)



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Resources

- CDC's Second Edition of the Physical Activity Guidelines for Americans, <https://health.gov/our-work/physical-activity/current-guidelines/top-10-things-know>
- <https://www.npr.org/2020/04/01/825143172/just-keep-moving-and-sometimes-double-your-distance>
- <https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system>
- <https://www.sciencedaily.com/releases/2020/03/200331162314.htm>
- https://www.washingtonpost.com/lifestyle/wellness/exercise-immunity-coronavirus/2020/04/14/a4dcb5f4-7e82-11ea-8013-1b6da0e4a2b7_story.html
- <https://www.nytimes.com/2020/04/15/well/move/running-social-distancing.html>