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Abstract

The pandemic of coronavirus disease 2019 (COVID-19) has had a significant detrimental influence on global economic and social life. It's also had a negative impact on people's overall health and quality of life. The COVID-19 epidemic and its accompanying public health limitations are having a growing negative influence on mental health, and steps must be done to reverse this trend. Although there is a well-established link between physical activity and mental health, space and facilities for physical activity are restricted during the COVID-19 epidemic because of different constraints. During the COVID-19 epidemic, this paper investigates the link between physical activity and mental health.

Keywords

Introduction

Mental health is defined as a "state of well-being in which an individual recognises that his or her talents allow him or her to cope with typical life challenges, work effectively, and contribute to his or her community" [1]. Stress, despair, and anxiety, according to Legg and Newman [1], can have a severe impact on one's mental health and disrupt one's everyday activities. Two types of mental illness have been identified: (1) Somewhat Psychological Sickness (AMI) (often recognized as mental or psychological illness) and Serious or Critical Mental Illness (SMI) are two types of mental diseases [2]. The World Health Organization (WHO) declared on the 4th of October 2001 in Geneva that 1 in every 4 people in the world might suffer from mental or neurological disorders at some point in their lives [3]. Mental problems were believed to affect 450 million people worldwide at the time, and were one of the primary causes of disability and frailty [3]. International approximations of individuals existing with AMI in 2017 remained 792 million [2].

Particularly in Africa, psychological or mental wellbeing concerns remain perceived as a silent problem that is not prioritised [4]. However, many African nations are susceptible due to a lack of information in the field of mental health issues. The scarcity of remedial specialists who specialise in the treatment of such ailment exacerbates the problem. When compared to other parts of the globe, Sankoh et al. [5] found a significant scarcity of psychological or mental wellbeing personnel, particularly hospital beds for mental illness patients, psychiatrists, mental health-related legislation, and outpatient services coverage.

On the other hand, many people are unable to obtain primary health care owing to the overburdened paradigm of health care, limited financing, insufficient health-care facilities, disparities, and a shortage of health professionals and medical personnel [6]. The psychological or health implications of lockdown, along with physical or social isolation and the limitation to execute day-to-day tasks, may surge the proportion of persons with mental disorders who have no or restricted contact to wellbeing care and municipal assistance at this period of COVID-19 [7].

Subsequently from 2012, physical inactivity has been considered an international outbreak [9], with 28 percent of the world's population (1.4 billion people) projected to be physically indolent [10]. Physical inactivity is the primary cause of cardiovascular disease, obesity, diabetes, and early death in the globe [10, 11, 12], therefore this setup is rather concerning. Consequently, if the people's physical motion levels remain to decay during this period of physical separation, public health works will look an even greater challenge, as this condition could further complicate the pandemic scenario, as diabetes, hypertension, obesity, and other comorbidities linked to physical inactivity can worsen the COVID-19 prognosis [8, 12].

The WHO physical activity recommendations were to engage in 150 minutes of moderate-intensity aerobic physical activity, 75 minutes of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity activity throughout the week to promote and maintain health [34]. Anyone who already exercises frequently and wishes to improve their health should raise their cardiovascular aerobic workouts at a comfortable level to 300 minutes per week, or a grouping of sensible and vigorous-intensity activity. Also, Workouts related to muscle-strengthening concerning main muscle sets would be done nearly two times each week as well. A short burst of 10 minutes of fast walking, finished on a regular basis, can increase mental preparedness, vigour, mood, and quality of

life [14]. Those who have never done physical exercise before or are sedentary should gradually rise the frequency, duration over time [15].

Brisk cycling, walking, running, and swimming, are examples of aerobic workouts that support the blood circulate to all regions of the body [16]. Individual heart rates may be improved as a result of these workouts, which may lessen the cardiovascular disease susceptibility, high blood pressure, type 2 diabetes, and cancer [17]. Strength workouts or resistance training e.g., push-ups, weight lifting, and heads to advance lean muscle mass for bodyweight loss; balance exercises to support specific capacity to normalize and stabilise body location; stretching or flexibility exercises to expand specific range of motion and reduce the hazard of damages [17]. Yoga and pilates workouts, as well as all team and individual sports, are also advantageous [18].

In a 2006 letter to the editor, Sharma and co-workers [13] reaffirmed that aerobic exercise can reduce anxiety and sadness while also improving temperament. The consequence of steady physical exercise and observance among mental patients has been proven to be comparable to that of healthy people. Physical activity and exercise, on the other hand, have been shown to alleviate schizophrenia symptoms by increasing fitness, perceived energy, exercise tolerance, body weight loss handgrip strength, and blood pressure reduction [13].

The Value of Physical Activity during the COVID-19 Outbreak

Infested individuals who had continuously completed the required physical movement limits in the previous period of years had a much lower risk of having severe COVID-19, according to research published in 2020. Furthermore, COVID-19 patients who did not participate in as much physical exercise as was suggested had a lower chance of acquiring severe illness assumptions or vanishing than COVID-19 patients who were sedentary on a regular basis. [19]

Being physically active during the COVID-19 epidemic will be difficult for all of us, but it is vital that we identify and prepare methods to stay active and limit our inactive time. Despite the fact that our mobility in our neighbourhood, town, city, nation, and planet is limited, it is vital that we need to exercise more and sit less.

Certain advantages of physical exercise may be particularly relevant to the COVID-19 Pandemic, given the present global scenario. These advantages are [20]:

- Physical exercise advance's immune function and shrinkagesswelling;therefore,it has the potential to reduce the frequency of ailments.
- Physical movementsupports to reportmutual chronic diseases that put you at hazard for COVID-19 (i.e.,Diabetes, Heart Disease).
- Physical activity can benefit you manage stress by lowering depression and anxiety symptoms.
- Physical activity benefits to keep cortisol levels in check. Levels of cortisol get unstable as a result of stress and sorrow (perhaps during a pandemic), and that has a negative influence on immune function and disease.

Recommendations

i. Get Vaccinated and Wear a Mask

First and foremost, get immunised. When you're indoors among unvaccinated individuals or in places like grocery shops or movie theatres, wear a mask. Masks are becoming more necessary as winter approaches and individuals in colder climes spend further time indoors. Attaining a flu vaccination, wearing a mask, and washing hands often may also help to reduce the effectCOVID-19 and influenzamight have when they come together.

ii. Maintain an active lifestyle

- Aerobics may be done in the comfort of your own home. Sit-ups, Push-ups, jumping jacks, and other activities can help you keep in shape outside of the gym. Further suggestions include walking briskly everywhere the home or up and down the stairs 2-3 times each day for 10-15 minutes.
- Dance along to your preferred tunes.
- Join a YouTube live workout class.
- Sit-to-stands from a solid chair are two basic muscle-strengthening workouts you may practise at home.
- Lunges or single leg step-ups on stairs Push-ups against a wall, the kitchen counter, or the floor
- Take a walk or a jog around the neighbourhood.
- Take a walk, go on a bike ride, or work in the garden or on the lawn.
- Adequate Sleep Adequate sleep is critical for overall health.

iii. Nutrition and diet

Due to stress that may be associated to the severe changes around the pandemic, it is critical to develop self-discipline and avoid "emotional eating." Develop a habit to eat more entire, healthful foods instead than packaged snacks or quick dinners.

iv. Self-Care

Set aside time to look for yourself. Be encouraging and urge that others do the same. Overall wellbeing is promoted by relaxation, meditation, meaningful time with friends or family, and personal care. There are several options for getting professional treatment if you need it for your mental health.

v. Maintenance of Health Care

- If you've been prescribed medicine for a specific ailment, follow your doctor's instructions carefully.
- If you have any concerns, don't hesitate to contact your health-care provider. Many service members and beneficiaries have postponed checkups due to concerns about COVID exposure in military medical treatment facilities, resulting in missed cancer diagnoses or delayed detection of major health issues in some circumstances. Telehealth options are accessible in the COVID-19 era.

vi. Stress and Anxiety Management

Dealing positively with the stress and worry brought on by the measures we must all take to stop COVID-19 from spreading in our communities. Exercise, meditation, reading, and honing certain talents or hobbies are examples of positive coping techniques. Use this opportunity to boost your daily repetition of these good activities and to establish new or improved routines than you had before the epidemic.

vii. Keep in Touch

While alone, talking with loved ones might help alleviate worry and feelings of depression. Take use of the numerous technologies and applications (many of which are free) that may assist you in staying in touch with folks you care about. Prior to the COVID-19 pandemic, our busy lives may have limited how often we spoke with distant relatives. Now is the moment to fully utilise these new capacities for companionship, camaraderie, and fellowship.

Taking all of these methods might help you enhance your overall health and well-being. Although eating good meals, exercising regularly, getting enough sleep, and caring for our mental health makes us more robust, it is neither a cure or a guarantee against acquiring COVID-19.

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