HOME EXERCISE: WAYS AND BENEFITS

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The COVID-19 pandemic was taking the world by surprise. Many people never even considered the notion of a pandemic at the beginning of 2020, although news about a new viral disease from China circulated at the end of 2019, no one really thought that it will be as severe as it did. By March 15, 2020, the Philippines went into full lockdown, stopping any activities outside the house and confiding everyone at home. The virus responsible for the pandemic is spread through close contact via respiratory droplets, which is why quarantine and social distancing were the best option at that time.

But lockdown means all the establishments were closed, aside from those that offer essential needs like food, mainly groceries and markets. Places like malls and parks are shut, as well as wellness facilities like salons and even gyms. Within months, people started to realize that the pandemic will not go away anytime soon, which lead to viral videos and apps for home exercise. People all over the country, even celebrities jumped in with the trend. Home workout also became a hobby or a way to pass time during the months inside.

Keeping our bodies healthy and fit during the pandemic is absolutely necessary. Now, at the beginning of 2021, almost one year since the lockdown began, the situation is somewhat better, improving, but it will take months for the things to actually return to "normal".

Here is some home exercise which can help with maintaining a fit and healthy body while waiting for the situation to clear up. These includes compilation of simple easy to follow basic exercises that anyone can replicate at home.
Simple Cardio workout without the use of equipment: cardio vascular exercise promotes blood flow, lower cholesterol levels, and decreases the risk in heart diseases. Start with 1 minute of march in place, wherein you imitate the motion of marching without actually moving from the spot, then after completing that, jog in place for also a minute. After continue with one-minute reps of controlled plyo-jacks, plyo-jacks are jumping jacks that begin from a squat position before jumping as normal. To stabilize the muscles in the thighs cool down with a minute of regular jumping jacks, the repeat this routine for two or three times depending on the endurance level.

Another series of workout that can be done at home which do not require special equipment is the strength circuit which targets to strengthen muscles. For this, start with a one to two minutes of warm up by marching and jogging in place. Then proceed with twenty repetitions of low squats, then twelve reps of reverse lunged for both leg. To do reverse lunges, one need to stand up straight with hands on the waist, then take a considerable step back ward with one foot, then lower hips with backward leg (knees) parallel to the ground and the other at a 90-degree angle, then repetition the other foot. After that take a thirty seconds break, then continue with ten to twelve reps of full pushups, ten to twelve reps of curls up, then finally do a sixty seconds plank. These exercises are made to target lower and upper leg muscles, lower and upper arm muscles, abdomen and hip muscles. These are great routine to tone muscles.

More than just physical, keeping our bodies fit during the pandemic is also a great way to alleviate the effects of the lockdown to our mental health. Exercise is a proven way to combat anxiety and depression.

All in all, exercise is a good thing. It poses numerous benefits for physical and mental health. However, we should always proceed with moderation. Anything that is excessive will be harmful. Home exercises are built to gradually be modified depending on the person. Know your capacity and limitation and slowly work though it.
References:

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