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Outdoor Exercise During COVID-19

Jessica Tan
Wayne State University School Of Medicine, hf9219@wayne.edu

Matthew Hansen
Wayne State University School Of Medicine, hf9000@wayne.edu

Arqam Husain
Wayne State University School Of Medicine, fv1319@wayne.edu

Jordan Molina
Wayne State University School Of Medicine, hf2033@wayne.edu

Alex Ramirez
Wayne State University School Of Medicine, hf1018@wayne.edu

See next page for additional authors

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Authors

Jessica Tan, Matthew Hansen, Arqam Husain, Jordan Molina, Alex Ramirez, and Julia Yee

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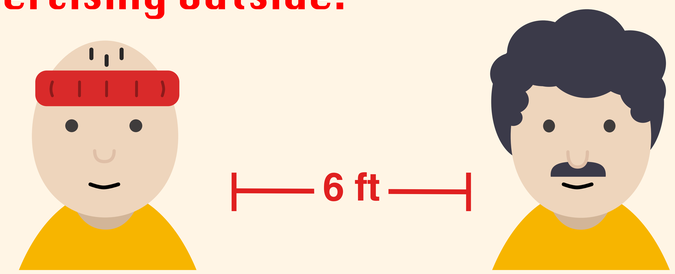
MYTH: Wearing a facemask is the most effective way to protect myself from COVID19 while exercising outside.

FACT: Social distancing is recommended over wearing facemasks while exercising outside.[1]



WHY? Masks can create a low-oxygen environment. This can lead to an increased burden on your heart and lungs![1]

Exercise can improve your physical and mental health and strengthen your immune system![2]

Examples include:

AT-HOME WORKOUT

Social distancing decreases risk of viral exposure.

BIKING

Bring a mask just in-case!

RUNNING

POWER-WALKING

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Works Cited:
1. Chandrasekaran B, Fernandes S. "Exercise with facemask; Are we handling a devil's sword?" - A physiological hypothesis [published online ahead of print, 2020 Jun 22]. Med Hypotheses. 2020;144:110002.
2. da Silveira MP, da Silva Fagundes KK, Bizuti MR, Starck É, Rossi RC, de Resende E Silva DT. Physical exercise as a tool to help the immune system against COVID-19: an integrative review of the current literature [published online ahead of print, 2020 Jul 29]. Clin Exp Med. 2020;1-14.