

3-30-2021

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

Creative Commons License:



This work is licensed under a [No Rights Reserved](#) license.

Recommended Citation

Tan, Jessica; Hansen, Matthew; Husain, Arqam; Molina, Jordan; Ramirez, Alex; and Yee, Julia, "Outdoor Exercise During COVID-19" (2021). *COVID-19 Medical Myth Infographics*. 32.
<https://digitalcommons.wayne.edu/covidinfographics/32>

This Infographic is brought to you for free and open access by the Open Source Medicine at DigitalCommons@WayneState. It has been accepted for inclusion in COVID-19 Medical Myth Infographics by an authorized administrator of DigitalCommons@WayneState.

Outdoor Exercise During COVID-19

Follow this and additional works at: <https://digitalcommons.wayne.edu/covidinfographics>



Part of the [Curriculum and Instruction Commons](#), [Medical Education Commons](#), and the [Public Health Commons](#)

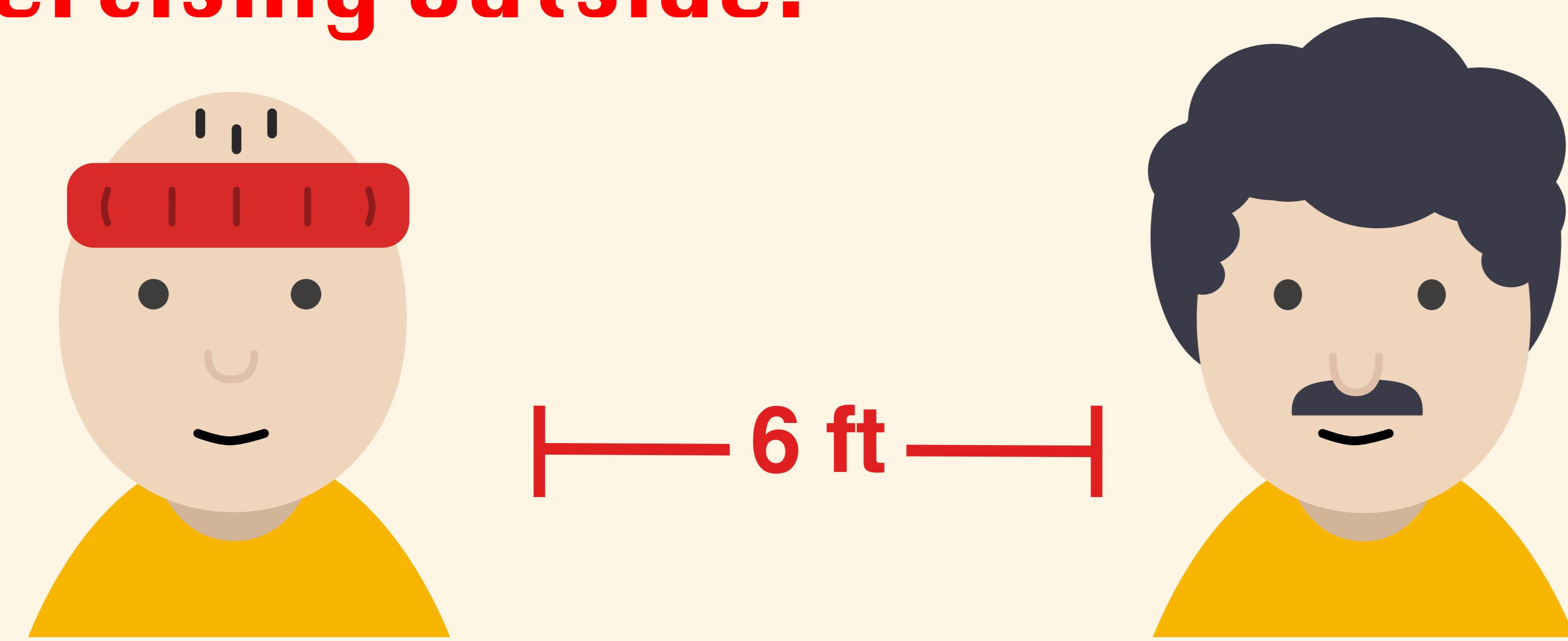
Authors

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

Outdoor Exercise During COVID-19

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

BIKING



Bring a mask just in-case!

RUNNING



6 ft

POWER-WALKING



○ Social distancing decreases risk of viral exposure.

Tan., J., Hansen, M., Husain, A., Molina, J., Ramirez, A., Yee, J., Wayne State University School of Medicine, 2020

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.