

Getting Fit after Recovering from COVID-19

Some people remain unwell after recovering from COVID-19, from days to weeks. This viral infection weakens the body for a while, with a possibility of complications post recovery.

Exercising after recovery

Exercise is an important part of recovery after COVID-19 illness. Exercise helps to make you feel better and:



Improves lung capacity



Improves balance and coordination



Improves fitness



Improves your mental outlook



Reduces stress and improves mood



Improves your energy levels



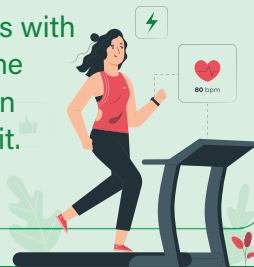
Increases muscle strength



Increases confidence

If you have not been exercising regularly before COVID-19, now would be a good time to consider starting.

- ✓ Do not begin any form of exercise till at least seven days have elapsed, since your recovery from symptomatic disease.*
- ✓ Listen to your body at all times.
- ✓ Find a way to stay motivated to continue your exercises.
- ✓ Keeping track of your progress with an exercise 'app' on your phone may help, or simply write down your exercise plan and follow it.



*If COVID-19 has affected your heart, you may take 3 to 6 months to resume any form of exercise. Consult your doctor beforehand.

Resume exercise in a graded manner and begin with minimal exertion, gradually building up in seven-day increments.

Phase 1 - Begin with light intensity activity that can include household chores and light outdoor tasks, gentle walking, and yoga or balance exercises. Breathing, stretching, and light strengthening activities can also be done.

Phase 2 - Doing light intensity workout/activity such as regular pace walking and light yoga, with graduated increases of 10-15 minutes per day when tolerated.

Phase 3 & 4 - Moderate level activities with more complex movement.



You should spend a minimum of seven days at each phase, to prevent sudden increases in training load.

- ✓ However, you should stay at the exercise phase that you feel comfortable with for as long as necessary.
- ✓ Keep a close watch on your recovery after exercise. Be alert for any abnormal breathlessness, excessive fatigue or lethargy, abnormal heart rate.
- ✓ If these occur, or you fail to progress as expected, you should step back to an earlier phase of activity and seek medical advice when unsure.
- ✓ Keeping a diary of exercise progression and any changes in mood can be helpful for monitoring progress.



COVID Appropriate Behaviour + Vaccine

is the most effective weapon against coronavirus and all variants.

