



A prescription for exercise after recovery from COVID-19!

The health benefits of being physically active, from cardiovascular to mental health, are well established. Post COVID-19, recovering patients often ask, "When will I get back to normal?"

Just make a start: Don't push yourself to achieve old goals or new targets.

Listen to your body - **Pain gives no gain!**

Phase 1 & 2 - Begin with light intensity activity for at least two weeks.

Phase 3 - Progress to more challenging movement activities depending on pre-illness capacity. These might include intervals of two 5-minute blocks of activity such as brisk walking, going up and down stairs, jogging, swimming, or cycling, separated by rest days. You should not feel that the exercise is 'hard'!



Phase 4 - This would involve more complex movements that challenge coordination, strength, and balance, such as running, but with changes in direction, side-steps, shuffles, and circuits of body weight exercises, but again without it feeling 'hard'.

After completing Phase 4, you should then feel able to return to your baseline pre-COVID level of activity or more.

Simple rules to help you exercise safely:

- Always warm-up before exercising, and cool down after exercising
- Wear loose, comfortable clothing and appropriate footwear



- Wait at least an hour after a meal before exercising
- Drink plenty of water before and after exercising
- Avoid exercising in very hot weather or when it is very humid
- Get at least 6 to 8 hours of sleep at night

Warning symptoms

Stop exercising / Do not exercise, and seek medical attention if you are feeling:

- Nausea or feeling sick
- Dizziness or light-headedness
- Clamminess or sweating
- Chest tightness
- Severe shortness of breath
- Increased pain



Exercising at the right level

Speak a whole sentence:

- If you can speak without stopping and are not feeling breathless, then you can exercise harder
- If you cannot speak at all, or can only say a word at a time, and are breathless, then you are exercising too 'hard'
- If you can speak, pausing once or twice to catch your breath, and are moderately breathless, then you are exercising at the right level



Remember that it is normal to feel breathless when you exercise, and it is not harmful or dangerous. Gradually building your fitness can help you become less breathless. In order to improve your fitness, you should feel moderately breathless when you exercise.

COVID Appropriate Behaviour + Vaccine
is the most effective weapon against coronavirus and all variants.

