



ABSTRACT

**Sport challenge activity in the midst of COVID-19 pandemic**

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**Nutrition Battling on Pandemic COVID-19: How to Survive**

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Indonesia nowadays is still in COVID-19 pandemic, at the time medicine or vaccine is still in ongoing research and the new case number is still high. Community are suggested to do strict health protocol to prevent the virus's spread, especially when the latest WHO release about airborne spreading. People are suggested to do healthy lifestyle to enhance the immune system.

Physical exercise (exercise) is known to show benefit on immune system. However in this pandemic situation, there should be some modification on how people doing exercise, to ensure that the person is safe from being infected by others or for asymptomatic patients to spread the virus.

Indonesia Sports Medicine Association had released exercise recommendation during pandemic and during new normal. It is recommend to do moderate intensity exercise (e.g brisk walking), with 30-60 minutes duration on most days of the week. The other additional exercise include simple resistance exercise, flexibility exercise, and "mind and body" or "relaxation" neuromotor exercise (e.g yoga for fitness). Those exercises, if possible to do, will add more benefit to physical and mental health during pandemic including improvement in cardiorespiratory fitness, muscle strength and endurance fitness, metabolic fitness, flexibility and neuromotor fitness. Additionally, they will increase immune function and mood, also reduce anxiety or depression.

The variation of exercise is important to avoid feeling bored and to keep the exercise motivation high. Although current condition is considered to be new normal with high number of new cases, it is recommend to exercise safely on location considered as low risk (e.g at home). One way of exercise that currently is becoming a trend is to join online fitness classes or by following the online exercise video. If the exercise is done outdoor or moderate risk location, people are recommend to perform health protocol and avoid visiting crowded places, parks or sports facilities. Other suggestion to increase immune system include good diet, enough rest or sleep, and good stress management. In the future, when the medicine or vaccine is available, these all healthy lifestyle should be continuously performed as recommended

**Keywords:** immune system, physical exercise, online exercise, variation of exercise, health protocol, pandemic

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