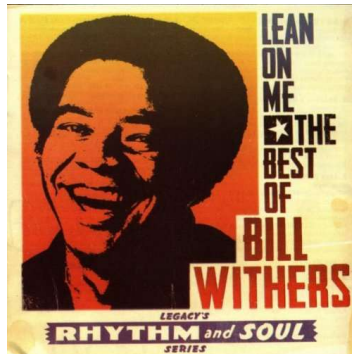


Somebody To Lean On: Accountability In Faculty Fitness



Our goals for today



TALK WITH EACH
OTHER



SHARE OUR (AND
YOUR) STRUGGLES
TO STAY ACTIVE



BRAINSTORM
SOME STRATEGIES
(MAYBE FIND A
FRIEND)
TO KEEP MOVING



MOVE!



You just might have a problem, we understand...

Who are we?

We all have pain,
We all have sorrow





Plan for today's session

WARNING: This is not just another Zoom

1. Time to share
2. Brief interlude (anyone who wants to join us outside of the union can)
3. We will continue with a walk (stand) & talk session with some COVID & exercise fun facts



https://pbs.twimg.com/media/CGIzY_TUKAAZDds.jpg

We all need somebody to lean on



https://media-exp1.licdn.com/dms/image/C4E12AQH-aNClgOFGfA/article-cover_image-shrink_720_1280/0/1557773458278?e=1619654400&v=beta&t=xNcrJc4hiULfVX4ti1-luQwp3LLNbxXgpWdBoOUFTcw

Discussion prompts

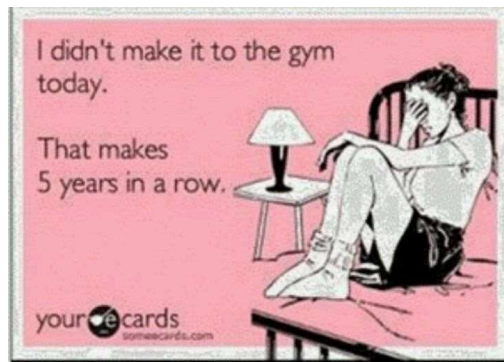
How has COVID-19 changed your social life?

How has COVID-19 changed your work social life?

How has COVID-19 changed your physical activity habits?

We'll be your friend! We'll help you carry on!

- Share your interest [here](#)
- Survey link:
https://uark.qualtrics.com/jfe/form/SV_ekVWfpkMn2f2Gzk

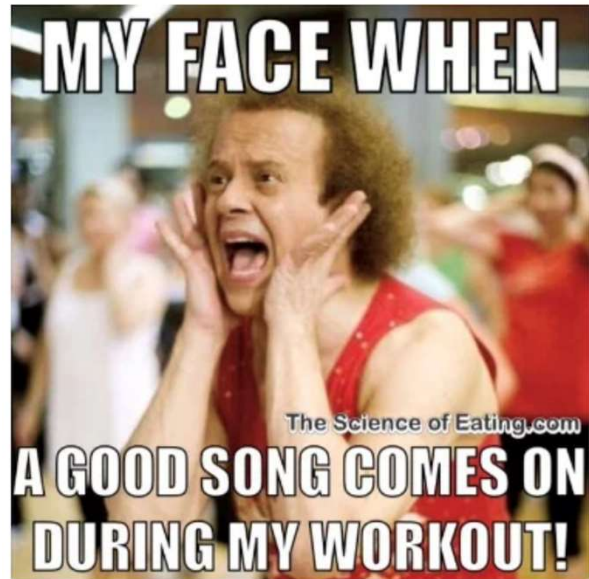


We know that there's always tomorrow (or today!)

Let's move!!!



Let's
move!!!

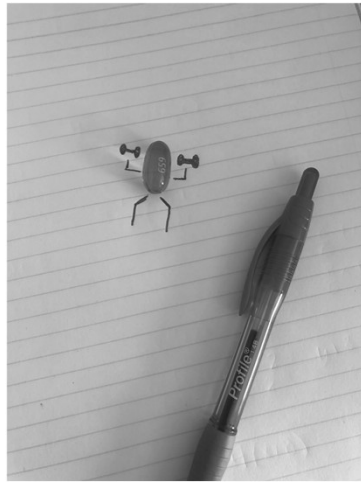


Where are
the
walkers?

Activity
check-in



- Home/office
exercisers,
Just move
- Walk in place
 - Just stand



“If exercise could be packaged in a pill, it would be the single most widely prescribed and beneficial medicine in the nation.”

-Robert Butler, National Institute on Aging

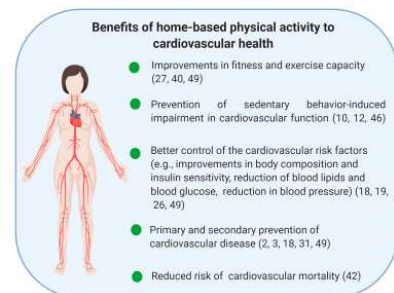
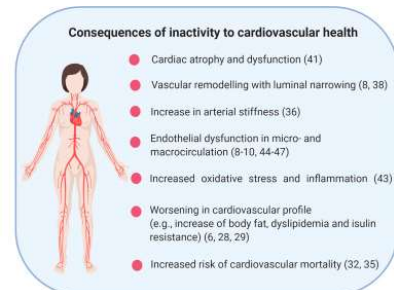


Breaking research on Physical Activity & COVID-19

Mental health - Decreases in PA associated with higher depression, anxiety, and stress symptoms in Australia (Stanton et al 2020)

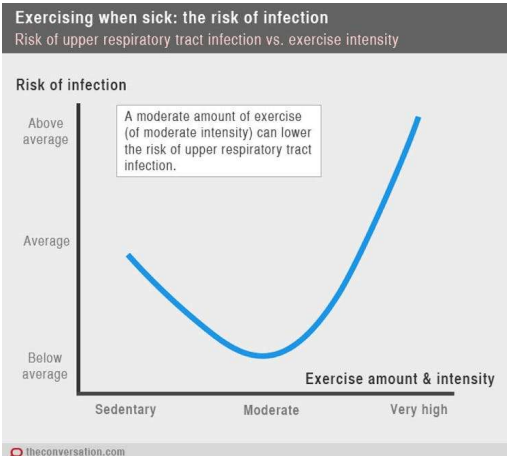
Cardiovascular risk – Even short-term decreases in PA can increase cardiovascular risk (Pecanha et al, 2020)

Diabetes – Individuals with diabetes at greater risk for poor outcomes from COVID-19, and COVID-19 contributes to worse diabetes outcomes (Hartman-Boyce et al. 2020)



Pecanha et al. 2020. Social Isolation during the COVID-19 pandemic can increase physical inactivity and the global burden of cardiovascular disease. *Am J Physiol Heart Circ Physiol*

Physical Activity & Immunity

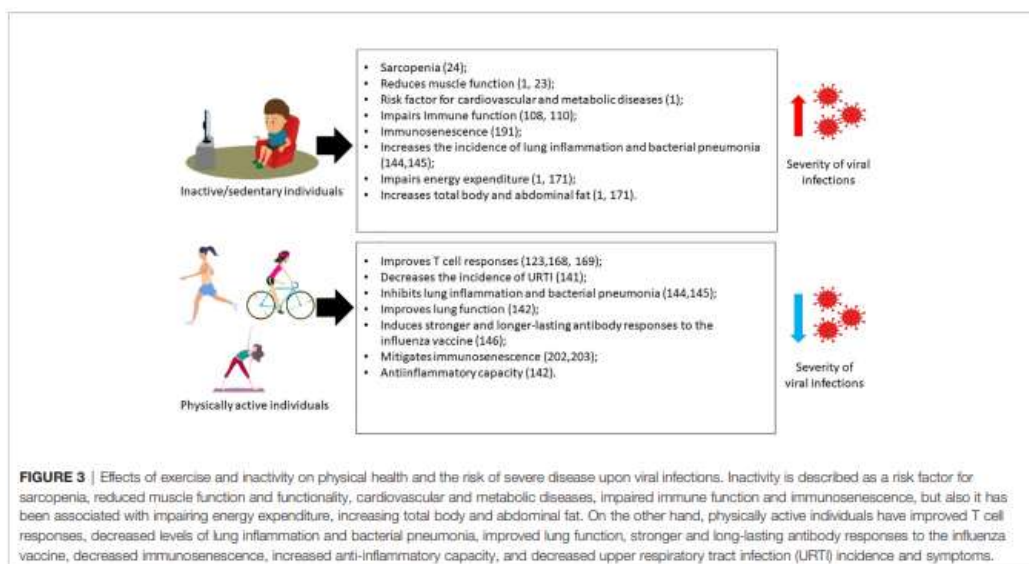


<https://theconversation.com/health-check-can-i-exercise-while-getting-over-a-bug-38787>

Physical Activity, Immunity, Inflammation and COVID-19

James F. Sallis, Ph.D.
University of California, San Diego
UCSD Medical Student Lecture
<http://sallis.ucsd.edu>

Physical Activity Can Be Helpful in the Coronavirus Pandemic
<https://www.isbnpa.org/index.php?r=article/view&id=146>
(see also <https://youtu.be/F4mcbi9tD-M>)



Filgueira TO, Castoldi A, Santos LER, de Amorim GJ, de Sousa Fernandes MS, Anastácio WLDN, Campos EZ, Santos TM, Souto FO. The Relevance of a Physical Active Lifestyle and Physical Fitness on Immune Defense: Mitigating Disease Burden, With Focus on COVID-19 Consequences. Front Immunol. 2021 Feb 5;12:587146.

Where are the walkers?

Activity check-in



Home/office exercisers, try a different exercise

- March in place
- Toe taps

US National Physical Activity Guidelines for Adults (aged 18–64)

- **2 hours and 30 minutes a week** of moderate-intensity
 - or **1 hour and 15 minutes** a week of vigorous
 - or an equivalent combination
- **Episodes of at least 10 minutes**, preferably spread throughout the week
- **Additional health benefits** are provided by increasing to 5 hours (300 minutes) a week of moderate
 - or 2 hours and 30 minutes a week of vigorous
 - or an equivalent combination of both
- **Muscle-strengthening** activities on 2 or more days per week

Easy to remember

150

Or half

75

moderate

vigorous

Double for additional benefits

300


Or half

150

moderate

vigorous

+ muscle strengthening x2



What is moderate and vigorous physical activity?

- Talk test
 - Light – can talk & sing
 - Moderate – can talk but can't sing
 - Vigorous – can't talk or sing
- Moderate activities (3-<6 METs)
 - Brisk walking, golf, canoeing, water aerobics, ballroom dancing, vacuuming
- Vigorous Activities (≥6 METs)
 - Running, sports like basketball, chopping wood, carrying groceries up stairs



A MET is a metabolic equivalent of how much energy you're using

<https://sites.google.com/site/compendiumofphysicalactivities/Activity-Categories>

Exercise & mental health in academia

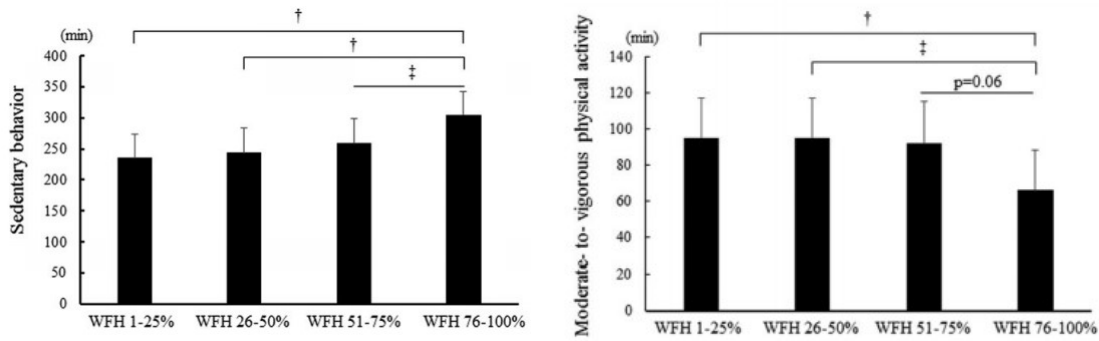
Important to exercise post-COVID, regardless of whether you exercised before



	Level of Physical activity before lockdown	
	Less than one hour per week OR (95% CI)	More than one hour per week OR (95% CI)
Level of Physical activity during lockdown		
Anxiety		
Borderline versus normal		
Less than 1 hour per week	Ref	1.20 (0.92 to 1.56)
More than 1 hours per week	0.81 (0.66 to 1.00)	0.82 (0.69 to 0.97)
Severe versus normal		
Less than 1 hour per week	Ref	1.52 (1.25 to 1.86)
More than 1 hours per week	0.95 (0.74 to 1.23)	0.85 (0.71 to 1.03)
Depression		
Borderline versus normal		
Less than 1 hour per week	Ref	1.39 (1.15 to 1.68)
More than 1 hours per week	0.72 (0.53 to 0.97)	0.68 (0.57 to 0.81)
Severe versus normal		
Less than 1 hour per week	Ref	1.71 (1.34 to 2.17)
More than 1 hours per week	0.56 (0.41 to 0.75)	0.51 (0.40 to 0.65)
Anxiety or depression		
Severe anxiety or severe depression versus normal		
Less than 1 hour per week	Ref	1.52 (1.19 to 1.94)

Psychological distress in the academic population and its association with socio-demographic and lifestyle characteristics during COVID-19 pandemic lockdown: Results from a large multicenter Italian study
Fenucci M, Petri D, Bernocci C, Farenzini G, Riccio F, et al. (2021) Psychological distress in the academic population and its association with socio-demographic and lifestyle characteristics during COVID-19 pandemic lockdown: Results from a large multicenter Italian study. PLOS ONE 16(3): e0244370.

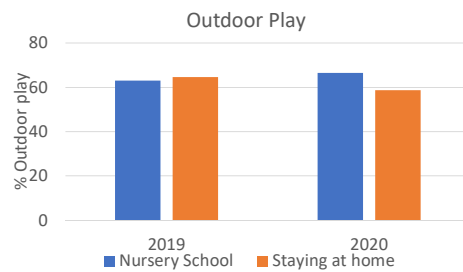
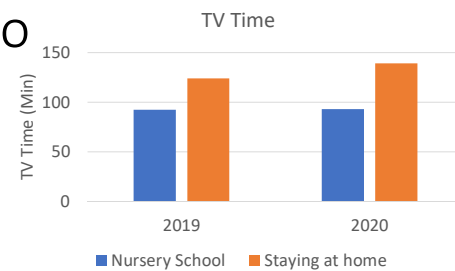
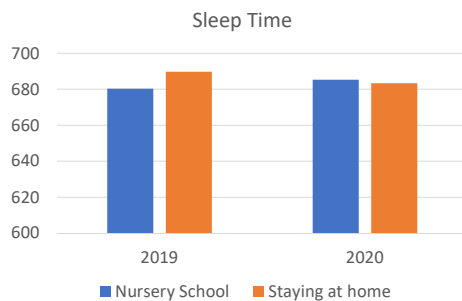
Working from home = less physical activity



Fukushima N, Machida M, Kikuchi H, Amagasa S, Hayashi T, Odagiri Y, Takamiya T, Inoue S. Associations of working from home with occupational physical activity and sedentary behavior under the COVID-19 pandemic. J Occup Health. 2021 Jan;63(1):e12212

It's not just us, it's our kids too

“Caregivers and infants staying at home are a high-risk group during the pandemic”



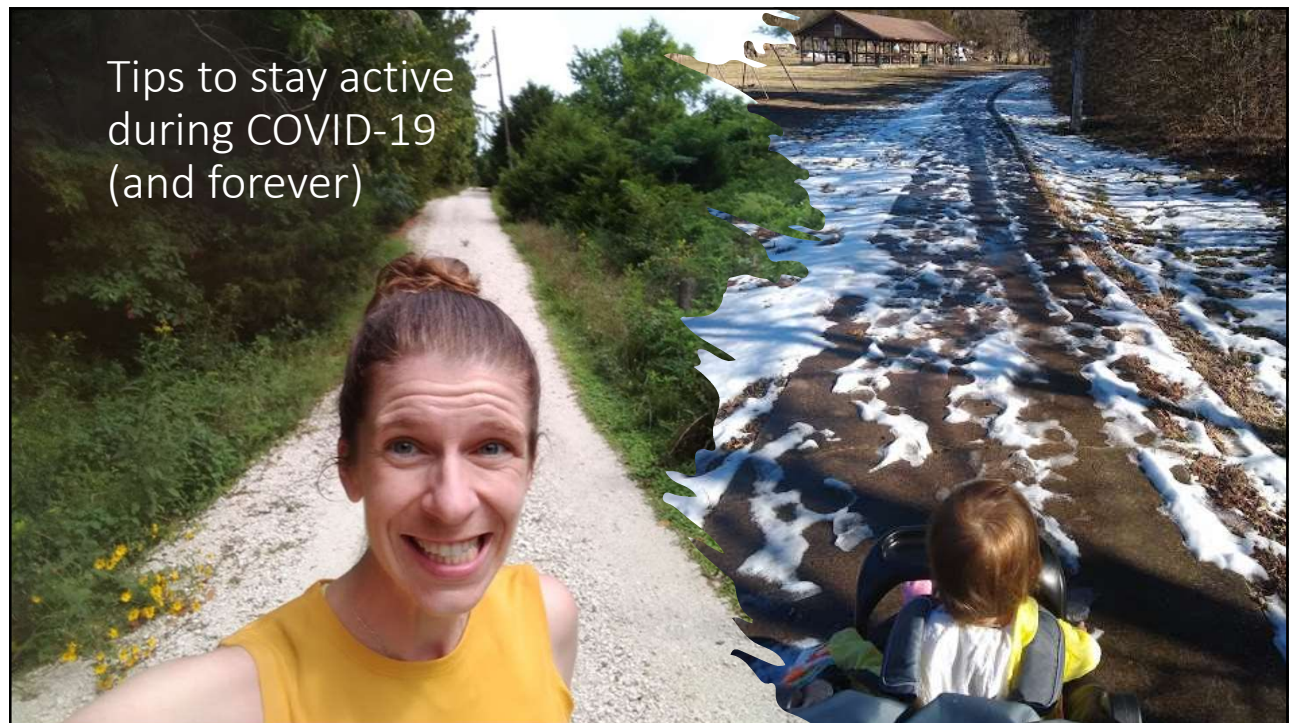
Shinomiya Y, Yoshizaki A, Murata E, Fujisawa TX, Taniike M, Mohri I. Sleep and the General Behavior of Infants and Parents during the Closure of Schools as a Result of the COVID-19 Pandemic: Comparison with 2019 Data. Children (Basel). 2021 Feb 22;8(2):168.

Where are the walkers?

Activity check-in

Home/office exercisers, try a different exercise

- Arm circles



Tips to stay active at home during #COVID19 outbreak

-  Walk up and down the stairs
-  Do some stretching exercises
-  Dance to music for a few minutes
-  Seek more ideas & resources online

 World Health Organization

#BeActive #HealthyAtHome

#healthyathome

<https://www.who.int/news-room/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---physical-activity>

Staying Physically Active During the COVID-19 Pandemic


Mar 16, 2020

ACSM is dedicated to supporting and promoting health through physical activity. Amid concerns around the coronavirus disease 2019 (COVID-19) pandemic, individuals in communities across the country and around the world are being encouraged to stay home. Below you will find many resources to help you continue to stay physically active while at home.

Tips: Staying Active at Home

Featured Resources

- COVID-19, Exercise, Children and their Developing Immune System | Blog
- A Call to Action: Physical Activity and COVID-19 | Op-Ed
 - Available in Spanish
- Staying Active During COVID-19 | A blog from Liz Joy, M.D., MPH, FACSM, FAMSSM and Exercise is Medicine
- Staying Active During the Coronavirus Pandemic | Handout
- Keeping Children Active during the Coronavirus Pandemic | Handout
- The Physician's Perspective on COVID-19 | The Sports Medicine Checkup, a Podcast by ACSM
- Exercise, Immunity and the COVID-19 Pandemic | Blog
- Ten Sought-After Functions in Workout Apps | Infographic
- ACSM Summit Workouts | YouTube Playlist | Need a full at-home workout? Check out these workouts that were presented at previous ACSM Health & Fitness Summit events!

 **AMERICAN COLLEGE OF SPORTS MEDICINE**
of **SPORTS MEDICINE**
LEADING THE WAY

<https://www.acsm.org/research/newsroom/news-releases/news-detail/2020/03/16/staying-physically-active-during-covid-19-pandemic>



Going to the gym safely

1. Screening
2. Staff should wear face covering, patrons when not exercising
3. Sanitation
4. 12 ft between people

Morbidity and Mortality Weekly Report

COVID-19 Outbreak Among Attendees of an Exercise Facility — Chicago, Illinois, August–September 2020

Frances R. Lendacki, MPH^{1,2}; Richard A. Teran, PhD^{1,3}; Stephanie Gretsich, MPH¹; Marielle J. Fricchione, MD¹; Janna L. Kerins, VMD^{4,5}

Parks and exercising outdoors

- 3 main physical factors on virus persistence outdoors:
 - temperature
 - Humidity
 - sunlight
- 90% or more of SARS-CoV-2 virus will be inactivated after being exposed for 11-34 minutes of midday sunlight in most US and world cities during summer

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7300806/pdf/PHP-9999-na.pdf>

Metropolitan area	Latitude	Solar virucidal UV flux ($J/m^2_{254}/min$) ² / Time for 90% Infectivity reduction (min) ⁴			
		Summer Solstice	Equinox		Winter Solstice
			Spring	Fall	
Miami, FL	25.8 °N	0.51/14 + ³	0.34/20 +	0.41/17 +	0.13/53
Houston, TX	29.8 °N	0.44/16 +	0.25/28 +	0.33/21 +	0.08/86
Dallas, TX	32.8 °N	0.39/18 +	0.20/34	0.28/25 +	0.06/115
Phoenix, AZ	33.4 °N	0.39/18 +	0.19/36	0.26/27 +	0.05/138 ⁶
Atlanta, GA	33.7 °N	0.39/18 +	0.18/38	0.26/27 +	0.05/138
Los Angeles, CA	34.1 °N	0.38/18 +	0.18/38	0.26/27 +	0.05/138
San Francisco, CA	37.7 °N	0.34/20 +	0.13/53	0.20/34	0.03/230
Washington, D.C.	38.9 °N	0.33/21 +	0.12/57	0.19/36	0.02/>300
Philadelphia, PA	39.9 °N	0.32/22 +	0.11/63	0.18/38	0.02/>300



PARK ACTIVITIES
CHOOSE WHAT INTERESTS YOU

 FISHING	 TRAILS	 HISTORY	 DIAMOND DIGGING
 BIKING	 BOATING	 CAMPING	 PADDLE SPORTS

What is open:

- Day use areas, such trails used for hiking, mountain biking, and wildlife watching, and trails listed below.
- Camping
- Backcountry camping sites at Hobbs State Park-Conservation Area, Mount Nebo State Park, and White Oak Lake State Park are open. Contact parks for information.

<https://www.arkansasstateparks.com/covid-19-update>

Sports

YOUTH SPORTS GAME PLAN
Reduce the Spread of COVID-19

LOWER RISK HIGHER RISK

 Skill-building drills at home	 Team practice	 Within-team competition	 Competition with teams from your area	 Full competition from different areas
----------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------

 [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>



RETURN TO PLAY

COVID 19 RISK ASSESSMENT TOOL



+ PICKLEBALL

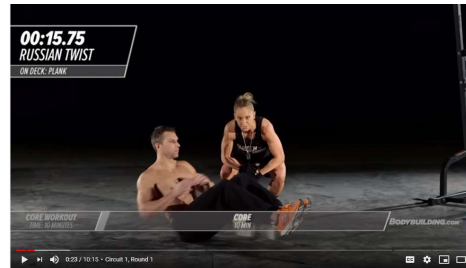
-  **Lowest Risk**
Train or engage in activities alone or with household members at home (shadow swing, dinking, footwork) with your own equipment.
-  **Medium Risk**
Play or train on public or shared court only with household members.
-  **Highest Risk**
Play or train on public or shared court with non-household members; no measures taken to minimize touching of shared objects.

Sources and resources: USA Pickleball Association

<https://www.aspenprojectplay.org/return-to-play>

Online videos

1. Who is sponsoring the video? Is it from a trusted source?
2. What claims does the video make? Are they realistic?
3. Who is the target audience? Are they people like you?



Fitness monitors



Is it accurate?

What type of activity do I do?

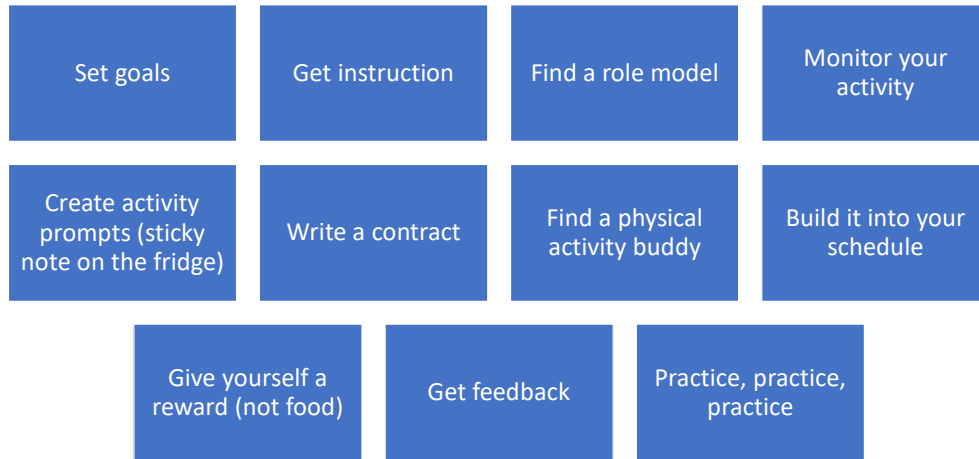
Will I wear it?



What functions do I need?

If I need an app, is it useful?

Tips for staying active



<https://ore.exeter.ac.uk/repository/bitstream/handle/10871/13753/Abraham%20%20Michie%202008%20Behaviour%20Change%20Techniques%20Taxonomy%20Health%20Psychology.pdf;sequence=2>



It takes a village

Are there laws that encourage activity?

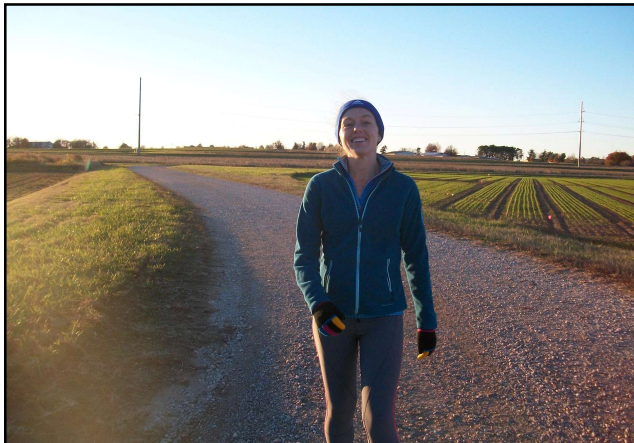
How can my workplace promote activity?

What activities do I like? What barriers do I have?



What community events or resources are there to be active?

Are my friends, family, coworkers active?



If you need a friend, call us...

ekhowie@uark.edu