

# Certificate of Appreciation

Presented with gratitude, we thank

\_\_\_\_\_  
Name of volunteer

for your service to

\_\_\_\_\_  
Name of Organization

from \_\_\_\_\_  
Month/Year Service Began

to \_\_\_\_\_  
Month/Year Service Ended

\_\_\_\_\_  
Organization Director's Signature



# Staying Active During the Coronavirus Pandemic

Exercise  
is Medicine®

AMERICAN COLLEGE  
of SPORTS MEDICINE®

The coronavirus (COVID-19) pandemic can make it challenging to maintain a physically active lifestyle. COVID-19 is spread by someone sneezing or coughing into the air or onto a surface, and then the virus enters and infects a new person through their mouth, nose or eyes. The most up-to-date information about COVID-19 can be found on the Centers for Disease Control and Prevention (CDC) website: <https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>

Based on what we know about how the virus moves from one person to another, it is recommended to avoid public gatherings and keep a social distance of 6 feet or more. That, along with advice related to personal care (hand washing, not touching your face) has created concern about exercising in gyms, where hundreds of people are in and out every day.

## Those at greatest risk for severe complications of COVID-19 are:

- older adults (age 65 and older)
- people with chronic diseases (such as diabetes, heart disease and lung disease)
- those with compromised immune systems (such as those going through cancer treatment or with HIV)

**These individuals (and those under "shelter in place" orders) should avoid gyms altogether and exercise at home or in their neighborhood.**

For all of us, young and old, regular physical activity is important for staying healthy! Compared to just sitting around most of the time, ***moderate-intensity physical activity is associated with better immune function.*** Regular physical activity can help ***reduce your feelings of stress and anxiety*** (which many of us may be feeling in the wake of the COVID-19 pandemic).

The Physical Activity Guidelines for Americans recommends 150-300 minutes per week of moderate-intensity aerobic physical activity and 2 sessions per week of muscle strength training. Fit in 2, 5, 10 or 20 minutes, however and wherever you can. Every active minute counts!

On the following page are some strategies to maintain physical activity and fitness.



Stay positive. Stay active. **Be smart and safe.**



# Aerobic Activities

## Indoor Activities

- Put some music on and walk briskly around the house or up and down the stairs for 10-15 minutes, 2-3 times per day.
- Dance to your favorite music.
- Jump rope (if your joints can handle it).
- Do an exercise video.
- Use home cardio machines if you have them.



# Strength Training

- Download a strength workout app to your smart phone, such as the 7-Minute Workout (no equipment necessary).
- Do a strength training video.
- Perform yoga – deep breathing and mindfulness can also reduce anxiety.

## Outdoor Activities (if allowed by your government)

- Walk or jog around your neighborhood. **Stay 6 feet away from others.**
- Be active in a local park. Spending time in nature may enhance immune function. Wash your hands when you get home.
- Go for a bicycle ride.
- Do gardening and lawn work (Spring is around the corner!).
- Play active games with your family.
  
- Find ways to do simple muscle strengthening exercises around your house such as:
  - Squats or sit-to-stands from a sturdy chair
  - Push-ups against a wall, the kitchen counter or the floor
  - Lunges or single leg step-ups on stairs

**Don't sit all day! For example:** If watching TV, get up during every commercial (or periodically) and do a lap around your home or an active chore. For example, throw some clothes in the laundry, do the dishes or take out the garbage. Feel productive after just one show!

Here are current answers to frequently asked questions about physical activity or exercise and COVID-19:

### I'm under quarantine but not infected. Should I limit my physical activity?

There are no recommendations at this time to limit physical activity if you do not have any symptoms. Contact your health care provider if you develop a cough, fever or shortness of breath.

### Will exercise help prevent me from getting the virus?

Moderate-intensity physical activity can boost your immune system. However high-intensity high-volume training may suppress immune function especially if you are unaccustomed to it. Balance your workout program.

### What if my kids are home with me?

Being active with kids is the most fun of all! Find activities that you can do together – an active gaming video, basketball in the driveway, go for a walk in the neighborhood.

### Are there precautions I should take?

**The most important strategy to prevent infection is to avoid coming into contact with others who are infected with COVID-19.**

### What if I start to have symptoms?

If you begin to have symptoms, follow CDC recommendations. As these recommendations are changing, below is a link to the CDC Symptoms webpage: <https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html>

### I'm under quarantine and infected. Should I limit my physical activity?

People who are infected, but without symptoms, can continue moderate-intensity activity, but need to use symptoms as a guide. Maintain quarantine to prevent spreading the coronavirus to others. If you develop fever, cough or shortness of breath, stop physical activity and reach out to your doctor or health care provider.

## Quick Crab or Tuna Salad Melts

**Preparation Time:** 15 minutes **Number of Servings:** 4

### Ingredients:

- 4 whole wheat English muffins, sliced in half
- 1 - 6oz can of crab meat or canned tuna
- 2 tablespoons diced green pepper (or substitute frozen, thawed)
- ¼ cup diced red bell pepper (or substitute jarred roasted pepper)
- 3 green onions, sliced
- 1 large stalk celery, diced
- 2-3 tablespoons garlic hummus (or more to blend ingredients until creamy)
- 3-5 dashes of hot sauce (or more if you like it spicy)
- 1 tablespoon lemon juice
- Freshly ground black pepper and salt-free seasonings, to taste
- ¼ teaspoon garlic powder
- 8 slices provolone cheese

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## Quick Crab or Tuna Salad Melts

### Directions:

1. Place English muffin halves cut side facing up on a baking sheet.
2. Meanwhile preheat the oven broiler.
3. In a medium-sized bowl mix together the crab meat (or tuna), bell peppers, green onions, celery, garlic hummus, hot sauce, lemon juice, black pepper, salt-free seasoning, and garlic powder until well combined. Add more garlic hummus if needed.
4. Place the crab (or tuna) and hummus mixture evenly over the top of the English muffin halves.
5. Finish with a slice of provolone cheese on top and broil for 4-6 minutes or until cheese is melted.



### Nutrition Facts (per serving):

Calories: 331 Protein: 23gm Total Carbohydrates: 31gm  
Fiber: 5.4gm Total Fat: 13gm Cholesterol: 58mg Sodium: 756mg

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## Italian Orzo Soup

Prep/Cook Time: 25 minutes    Number of Servings: 4

### Ingredients:

- 2 tablespoons olive oil
- 1 small white onion, peeled and diced (can substitute frozen)
- 1 cup diced celery
- 3 cloves garlic, peeled and minced
- 6 cups low sodium chicken or vegetable stock
- 2 cups frozen diced carrots, green beans, corn, and peas
- 1-10oz package frozen spinach, thawed, drained
- 1-14oz can fire-roasted diced tomatoes
- 1 ½ cups (about 8 ounces) whole wheat orzo pasta (or any pasta)
- 1/2 teaspoon dried thyme
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried rosemary
- Black pepper and salt-free seasonings, to taste
- Optional toppings: grated parmesan cheese, crushed red pepper

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## Italian Orzo Soup

### Directions:

1. Heat oil in a large soup pot over medium-high heat. Add onion, celery, and garlic and sauté for 3-5 minutes.
2. Add chicken stock, frozen carrots, peas, corn, green beans and spinach, canned tomatoes, orzo pasta, thyme, oregano, rosemary and stir to combine.
3. Bring soup to a simmer, stirring occasionally. Reduce heat to medium-low and simmer for 15 minutes, stirring occasionally.
4. Taste and season with black pepper and salt-free seasonings to your preference.
5. Serve garnished with your desired toppings (parmesan cheese or red pepper flakes).



### Nutrition Facts (per serving):

Calories: 267 Protein: 11gm Total Carbohydrates: 44gm  
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