

GET REGULAR

Regular exercise can reduce your chances of dying from Covid or other infectious diseases by over a third and you are also 31% less likely to catch the virus.

The world's first study into exercise and Covid immunity suggests you need to exercise for at least 30 mins a day for five days a week or a combined amount of 150 mins a week.

The intensity of your workout should be to the point you are out of breath but can still hold a conversation. Walking, running, cycling and strength exercises are ideal.

Such physical activity can also make vaccines up to 40% more effective, an international team of researchers, led by Glasgow Caledonian University (GCU), concluded.

They also found the first line of defence of the immune system is strengthened through exercise. This study is hugely significant as it could help cut the number of people contracting and dying from Covid.

It is well documented that exercise helps boost your immune system and is your key to health, wellbeing and longevity of life and this only strengthens that argument.

Now is the time to prioritise and schedule exercise into your daily life. Many of you who have dug your head into the sand and led unhealthy lives over decades, have been hit the hardest, some with tragic outcomes.

Being more aware of your health by eating better and adding exercise into your life can easily become the norm. Once habits are formed they become a natural part of your daily life.



David Fairlamb

DAVID'S SUMMING UP

The pandemic is a huge reminder that we can't take our health for granted and unhealthy habits will catch up with us at any point.