



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Regular exercise has been proven to boost your immune system. Now, more than ever, is the time to add a regular exercise routine into your week.

FITNESS TIP

Post-Covid it is very important to exercise sensibly and listen to your body. A study has shown regular exercise can improve the recovery of people with lasting symptoms of Covid-19.

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NOT a huge amount is known about Long Covid yet but a study has suggested regular exercise can improve the recovery of people with lasting symptoms of Covid-19.

Researchers in Leicester found a six-week rehabilitation programme helped Long Covid patients with breathing problems, fatigue and so called brain fog.

The study followed 30 patients who participated in a six-week rehabilitation course, which included two exercise classes a week.

In the programme, participants did aerobic exercises, strength training and educational discussions. Of the participants:

- 87% were admitted to a hospital with a Covid-19 infection, with an average stay of 10 days;
- 14% required mechanical ventilation and were treated in an intensive care unit;
- Four of the participants had a pre-existing respiratory con-

dition, such as asthma or chronic obstructive pulmonary disease.

Findings from the study showed that participants had a statistically significant improvement in exercise capacity and an improvement in their overall wellbeing.

There was concern that the study may show the reverse and symptoms such as fatigue may worsen. However this was not the case.

With the exercise programme performed by staff experienced in dealing with cardiac rehabilitation, the stats were very encouraging.

At DF Fitness we have, and continue to work with clients returning after having Covid and those who are experiencing Long Covid symptoms.

We know what clients could achieve before the symptoms and we continue to work together in order to slowly help them regain both their physical and mental strength.

I have seen clients experi-

encing shallow breathing and symptoms of fatigue slowly disappear with every workout and we make sure nothing is rushed and their recovery is progressive.

Of course the recovery of your body physically is one thing but the mental fall-out can be just as hard to regain.

This is where working with someone, or with a group, gives you that extra incentive and interaction.

That feeling of a joint force of recovery and social interaction that many people have really missed over the past 18 months will give you that extra boost and endorphin rush.

Many clients are sharing stories and giving advice to others of how they and their families have coped.

This combination of physical and mental support and help can be crucial for a quicker Covid recovery and shows once again exercising on a regular basis is your key to better health and wellbeing.



> Regular exercise has shown to make a positive impact on Long Covid recovery