

# Tips to Stay Healthy and Fit during Pandemic

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Not only consuming healthy and nutritious food, but people also require to conduct physical activities and exercise to keep their body healthy and fit. A healthy and fit body is able to protect itself from virus attacks in the middle of the Covid-19 pandemic.

This statement was conveyed by two speakers Prof. Dra. RA. Yayi Suryo Prabandari, M.Sc., Ph.D and Dr. dr. Denny Agustiningsih, M. Kes., In the UGM update event entitled tips and tricks during the pandemic to stay healthy on Tuesday (7/21). Both speakers were lecturers at the Faculty of Medicine, Public Health and Nursing UGM.

Yayi Suryo Prabandari said that the Coronavirus is opposed to spreading if someone is in a fit condition. This occurrence is because if someone has good immunity will be able to protect themselves from viruses.

According to her, to be healthy and fit, someone has to move every day, whether doing physical activity or sports. A healthy and fit body will certainly make someone able to work or study better.

"Health is an investment. During Covid-19, a fit body helps protect us from viruses. With a healthy



and fit body, the virus cannot easily infect us, even so, don't forget the health protocol. Do not be just ignorant of the rules just because you are still young. Please keep using masks and keep your distance to other people whatever your ages are," she said.

Even if you have to be at home or the rent house, said Yaya, you must maintain your Health through sports or physical exercise. Students who stay in boarding houses obliqued to keep doing that.

Activities at home, according to Yaya, can affect body fitness. Therefore, anyone should keep doing sports hor physical activity even if you conduct the exercise in a limited space.

"Because there are some fairly short indoor exercises. Once I tried to walk like I was in a place, and I play songs. It was just like the road on the right side, sliding left, back and forth but using a clever song. I did it only 20 minutes, and it began sweating," she said.

To be healthy and fit, people have to spare their time to only for sports, not just when there is the free time because WHO itself for physical activity pegged at least 150 minutes per week.

"If we divide it, there will be seven times the duration of exercise is only around 20-25 minutes. If you want five days, about 30 minutes," Yaya explained.

Masks have many benefits. Besides being able to catch droplets, the mask also can temporarily hold the particles containing viruses released by other people in the air.

"So that masks aside from protecting us from others, they also protect others from us. A cloth mask is enough, but this mask is because of the fabric, it will often absorb or easily get wet by the moisture we release, " Yaya said.

According to her, when physical activity, for example, sports, brisk walking, or speech, masks get wet easily. Thus, the mask will lose its function if it is wet.

Therefore, said Denny, if it starts to get moist, the mask should be replaced immediately. If someone wears a cloth mask and doesn't talk much and is just doing normal activities, the mask can last for up to 4 hours.

"But if we are doing exercise, every 30 minutes we have to change masks so that the masks don't lose their function," she said.

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