



The Role of Selected Fitness Program and Meditation in Covid-19 for the Improvement of Immune System

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Abstract: The great immunity comes from the healthy lifestyle to fight against many antigenic pathogens causing various types of disease in our body. Now a day, the outburst of coronavirus disturbed the healthy lifestyle of people as a result of which we have to quarantine ourselves by staying at home and the only weapon against such virus is to have good immune system that fight against that virus. Being at home we can adapt some selected fitness program which help us to enhance our immune system by doing some activities like cardio exercises, brisk walking, aerobics etc. we can build up our immune system. Meditation is one of such activity by which we can control and balance our mind and soul. So, the role of selected fitness program and meditation in covid -19 done a great job in improvement of immune system.

Keywords: fitness program, meditation, Covid-19, immune system, healthy lifestyle, antigenic pathogens, disease, quarantine, cardio exercises, brisk walking, aerobics, mind, soul

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INTRODUCTION

As we all know the outburst of corona virus created a pandemic situation as a result of which we all have to quarantine over selves by staying at home for the population which always used to work love to move outside for their various activities it becomes difficult to stay at home the virus covid-19 or Corona generally affect the immune system when entered into the body and there he releases their harmful hormones that breaks down over ability to fight against this infection so we have to prepare ourselves to fight with covid-19 by making our immune system healthy as well as strong and healthy mind and healthy soul always fights with the outside entering antigens in our body.

We can consider some selected fitness program which helps us to enhance our immune system and engage our cells in some activities as the lock down period extended our patience level also becomes hire at such. By doing meditation we can control over patience level and balance our mind and Soul selected fitness program and meditation helps a lot during this covid-19 situation and enhance our body and immune system to fight against search virus there are special types of fitness program that we can apply them at home some examples are like stretching it is a form of physical exercise in which a specific muscle is stretched in order to improve the muscle elasticity IT results in feeling of increased muscle control flexibility and range of motion warming up conditional exercise warming up for increasing blood circulation to maintain body temperature like walking jogging skipping aerobics these fitness steps are of great use during this situation as our body generally need some threshold frequency so that it can prepare

itself for further activities engaging ourselves in these activities is also the utilization of time in it best pay the exercises can be done by anyone it can be male or female children for old age groups meditation proves a great role in balancing our mind and soul together by meditation one can understand the inner soul and the power of immune system breast reduction is one of the most common reason people try meditation control anxiety promote emotional health enhance self awareness generate kindness help to find addictions it also reduce age related memory loss and increase mental clarity while meditation over brain relaxes and repair itself for upcoming stress meditation brings peace of mind positive feelings and helps to connect to a deeper sense of life.

Show the fitness program and meditation during covid-19 becomes a great used in enhancing our immune system.

HEALTHY WAYS TO STRENGTHEN YOUR IMMUNE SYSTEM

- Don't smoke.
- Eat a diet high in fruits and vegetables.
- Exercise regularly.
- Maintain a healthy weight.
- Follow basic hygiene practices
- Adopt ayurveda for a healthy lifestyle
- Detoxify your body by drinking at least 6 to 8 liters of water daily
- Get a sound sleep of 6 to 8 hours
- Include more green vegetables in your diet and eat on time
- If you drink alcohol, drink only in moderation.
- Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly.

TRAINING SCHEDULE FOR GOOD IMMUNE SYSTEM

We want to live an active life in this pandemic situation, definitely only one key to the long life is to daily participate in the physical activity. Research shows that only the physical activity and good nutrition will increase the longevity of the human life. Physically and mentally fit personal can survive in the entire situation. The following schedule will help you to remain healthy and control on the various disease in comparison to non-participation person.



Training Day: Monday, Wednesday, Friday

- ▶ **6 Min walk** – Increase the cardiovascular efficiency (1 SET)
- ▶ **Head to toe stretching** – Proper functioning of all the joints & muscle strengthening (10 Repetitions of each exercise)
- ▶ **Self-body weight exercises** - Plank hold (1 Min, 1 Set), - Push up (1 Min, 2 Sets)
 - Squat (30 Sec, 2 Sets)
 - Pull up (8 to 10 Repetition, 1 Set)
 - skipping (50 Repetition, 2Sets)
- ▶ **Pranayam** – Alom Vilom, Kapalbhathi, Bhamri, Om Chanting (5Min Each, 1 min rest before starting next pranayam)
- ▶ **Laughter Therapy** – 2 Min (Max 6 - 8 Times)

Training Day: Tuesday, Thursday, Saturday

- ▶ **Cycling** – 10 Min (2.5 km), Increase the cardiovascular efficiency (1 Set)
- ▶ **Suksham Viyayam** – Proper functioning of all the joints & muscle strengthening (10 Repetitions of each exercise)
- ▶ **Yogic Asana** – Surya Namsakar (5 set, with 15 sec holding of each asana)

- ▶ **Meditation** - focused Meditation (5Min), improve the concentration power and manage stress
- ▶ **Pranayam** – Alom Vilom, Kapalbhathi, Bhamri, Om Chanting (5Min Each, 1 min rest before starting next pranayam), Improve the respiratory system
- ▶ **Laughter Therapy** – 2 Min (Max 6 - 8 Times), **feeling anxiety free**

NUTRITION ROLE FOR ENHANCEMENT FOR IMMUNITY

Nutrition is always playing a great role for enhancement in our immune system. If we will intake the entire adequate amount as per the requirement of our body, generally we have to control on lots of disease. During the pandemic situation all the daily diet cannot full fill the requirement as per the task, then we need the healthy & special food stuff those provide the all special nutrients which is essential for the great immune system. Research proofs that These Foods Boost the Immune System of your body.



Coronavirus (COVID - 19): Home care & Precaution

- As much as possible, keep away from other people
- Wear a mask if they must be around other people
- Monitor your health daily
- Cover coughs and sneezes with a tissue, throw the tissue away, and then wash their hands right away.
- Wash with soap and water for at least 20 seconds, or use alcohol-based hand sanitizer.
- If possible, stay in a bedroom and use a bathroom separate from other people in the home.
- Use separate dishes, glasses, cups, and eating utensils and not share these with other household members.
- Use separate bedding and towels and not share these with other household members.
- Make sure shared spaces in the home have good air flow

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