



Exercise is Medicine Update - Physical Activity, COVID-19 and Older Adults

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Many of you know that I have been an exercise physiologist since 1973 – yes, I am old. But I firmly believe in the health benefits physical exercise and strength training provide the body.

Below is a link that all individuals could benefit from - it is provided by "Exercise Is Medicine" through the American College of Sports Medicine.

https://www.exerciseismedicine.org/support_page.php/stories/?b=918&fbclid=IwAR0iMRVceiPXIq-SDhV6jwPrBKtBANzh2_nftlTeM6Z-XAFw9dKcCYsdFbl

With COVID hounding us for the last 8 months, this link explains why it is important to get outside (if you are able) to exercise. The benefit is to enhance our immune system to help fight off viruses and infections. I know this article was written for older people, but believe it has application to all people.

I hope you all have a Happy Thanksgiving. Use Thanksgiving Day to get outside with your family and take a walk or hike - off course, if possible, practice social distancing and wear a mask.

Please share this link with your associates. The article and advice should give us all hope this Thanksgiving season.