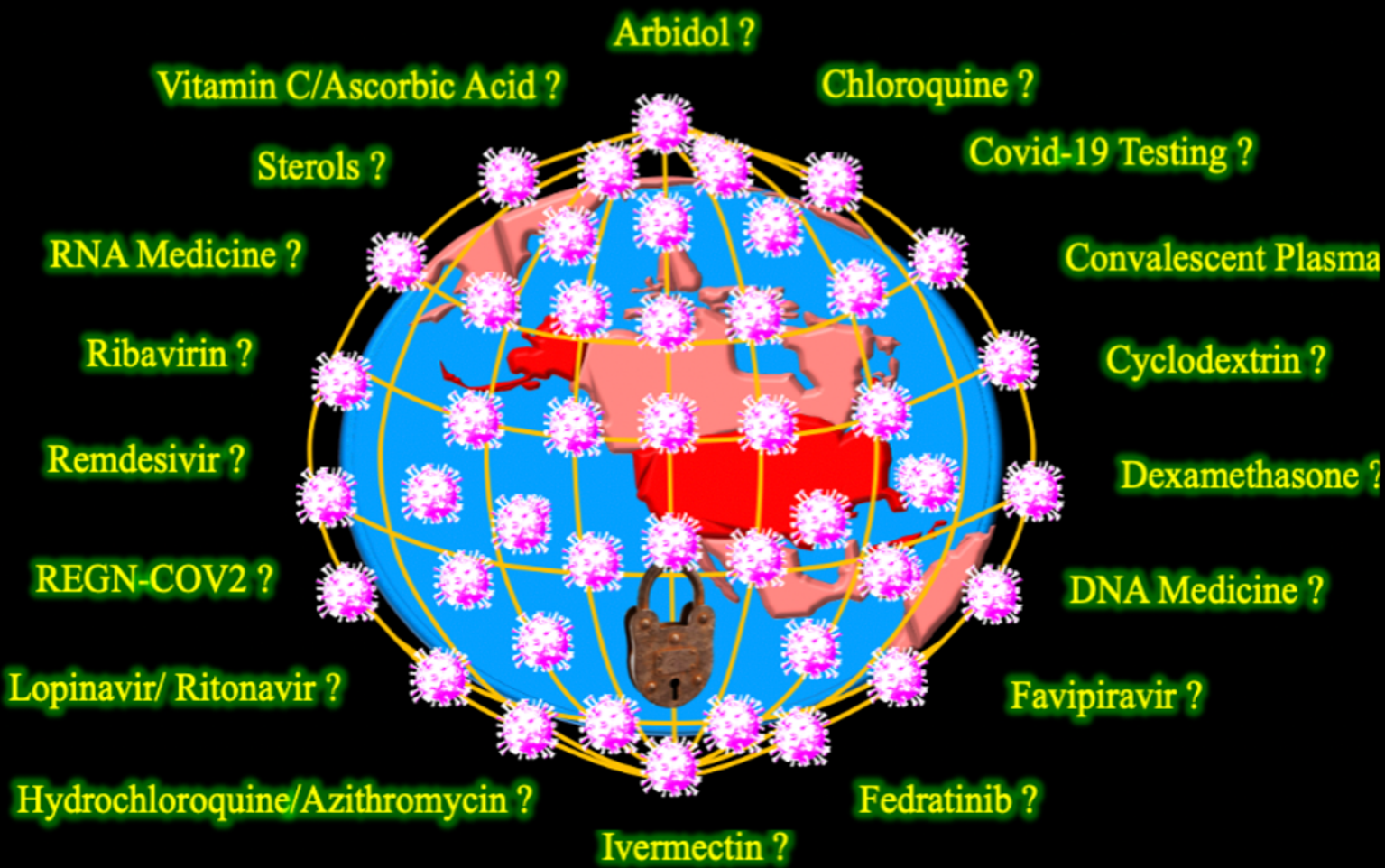




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Fear of coronavirus locks down the world
and resets activities on the earth

New Normal Brings Health Issues: Consequences of Stay at Home in COVID-19 Pandemic

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Stay at home (quarantine) is essential to protect ourselves as well as others around us against the dreadful, infectious and contagious disease, "COVID-19". It has become a new normal throughout the world. However, the opposite side of the stay at home or quarantine may not be acceptable to most of the school goers, professionals and sports lovers, and the consequences may not be fruitful. The benefits of stay at home seems to come with an expense of our health and healthy activities. Both staying home and staying healthy are the most important things to be practiced for survival of this pandemic situation of COVID-19. Now, it is time to ponder how one can keep balance between these two activities? and what exact daily plan one should have apply to keep oneself healthy and fit?

Key words: quarantine, coronavirus, healthy diet, exercise, sleep

Introduction

There is no doubt that our lives have been drastically changed during the global pandemic. But what does that mean for our lives post COVID-19? Will we go back to our old lifestyle, or will a new norm emerge? COVID-19, highlighting early patterns of change, which are likely to shape this new world. Life after COVID-19;

In health

Digital health technology will become the norm, including teleconsultation, encouraging rapid adoption of wearable health technologies restricting movement and physical activity leading to Sedentary lifestyle.

COVID-19 Impact on young children

In young children and adolescents the pandemic and lockdown have a greater impact on emotional and social development compared to that in the grown-ups. In one of the preliminary studies during the on-going pandemic, it was found younger children (3-6years old) were more likely to manifest symptoms of clinginess and the fear of family members being infected than older children (6-18 years old). Whereas, the older children were more likely to experience inattention and were persistently inquiring regarding COVID-19. Although, severe psychological conditions of increased irritability, inattention and clinging behaviour were revealed by all children

Increased Inactivity & Sedentary Behavior Promote COVID-19



Worsen metabolic diseases



Increase cardiovascular risk



Decrease Strength



Increase Fatigue



Elevate mental distress



Affect quality of life

Increased Physical Activity & Health Maintenance Fight COVID-19



Prevent metabolic diseases



Preserve cardiac Function



Boost Strength



Build Power



Release Stored Stress



Improve quality of life

irrespective of their age groups. Based on the questionnaires completed by the parents, findings reveal that children felt uncertain, fearful and isolated during current times. It was also shown that children experienced disturbed sleep, nightmares, poor appetite, agitation, inattention and separation related anxiety.

- Focus should be on the ‘good behaviour’ more than ‘bad behaviour’ of a child. Parents must tell more about options regarding what to do rather than what not to do.
- Provide more praise and social reinforcements to children compared to material reinforcement.



Measures to be taken to prevent COVID-19 consequences in children

(1) To alleviate the anxiety of children regarding the current uncertain situation children's exposure to news should be limited and be through fact based neutral news channels only.

- Efforts should be made so that a consistent routine is followed by the child, with enough opportunities to play, read, rest and engage in physical activity. It is recommended that family plays board games and engages in indoor sports activities with the child to avoid longer durations of video games. Parents should ensure that particularly the bedtime of a child is consistent.
- Prayer, namaz, salah or other meditation techniques like yoga can be followed to attain peace of mind
- A normal walk with the family in and around the house for atleast 45mins to be encouraged by parents to maintain physical activity of the children.

- Engaging children in day to day home routines and educating them on taking some Engaging children in day to day home routines and educating them on taking some responsibilities at home on an everyday basis, for instance maintenance of their belongings and utility items. They can learn some of the skills including cooking, managing money matters, learning first aid, organizing their room, contributing to managing chores like laundry, cleaning and cooking.

Impact on mental health

The arrival of the pandemic and the subsequent lockdown produced a sharp spike in patients reporting mental health issues such as grief, increased anxiety and depression.

How to be Physically Active during the COVID-19 period

Physical activity and exercise can be effective treatment strategies for symptoms of both depression and anxiety.

Each day is a new opportunity to engage in physical activity and exercise that can bring short and long-term benefits for mood, sleep, and physical health. Consistency and sustained motivation may be enhanced by peer support, family support, or electronic platforms offering exercise programs. The benefits of physical activity and exercise have been demonstrated across the lifespan. We are meant to move and many of our body's systems work better when we are consistently physically active. For managing symptoms of depression, some research suggests that elevated levels of aerobic activity (exercise that significantly raises our heart rates) may be associated with greater reductions in depressive symptoms. Consider engaging in physical activity once or twice daily that includes brief periods (30-90 seconds) of greater intensity. For some, this might be accomplished through exercise in their homes including jumping jacks, mountain climbers, and sequencing strength training exercises (i.e. standing squats, push-ups, sit-ups). For others, the use of home exercise equipment such as treadmills, elliptical machines, and stationary bikes may be helpful.

Strength-training has been shown to reduce symptoms of anxiety for individuals with and without an anxiety disorder. Weightlifting using exercise equipment or household items (textbooks, canned goods, milk jugs filled with water, paint cans) may help us to reduce the negative effects of stress and anxiety. For children and adolescents, moderate-to-vigorous physical activity and exercise during the day are associated with elevations in

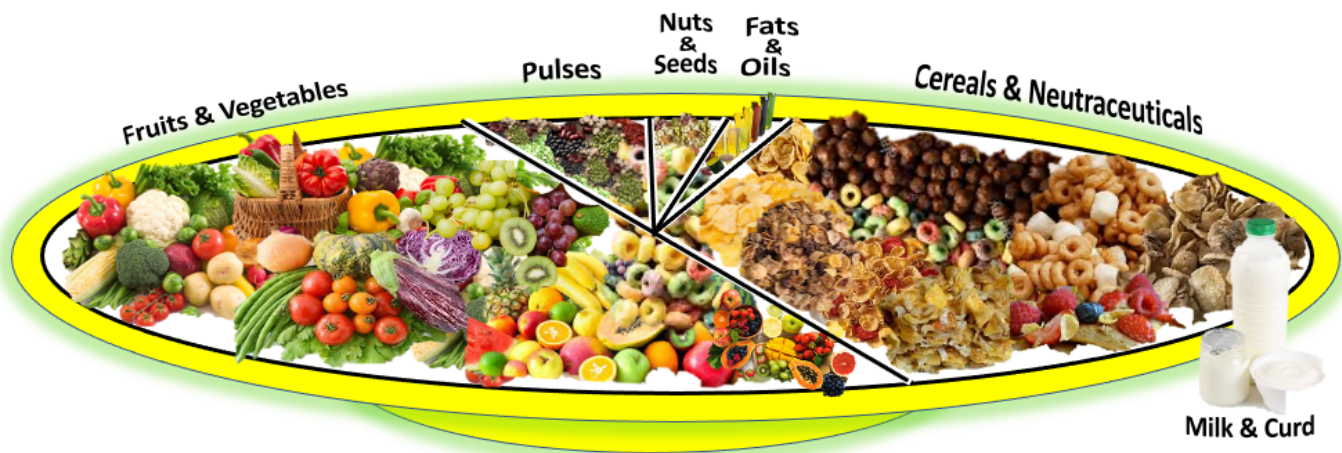
self-esteem, improved concentration, reductions in depressive symptoms, and improvements in sleep. For older adults and among individuals managing chronic medical conditions, regular walks are recommended. The benefits of strength training and weightlifting (low weight with high numbers of repetitions) may be even greater in older adults to maintain quality of life and functioning. Moderate-to-vigorous physical activity (such as speed-walking or jogging) has been shown to help reduce the use of alcohol and other substances. Additionally, participation in regular physical activity is shown to boost the immune system.

Healthy Eating during Covid 19

#Stay_healthy_at_home

Eating a healthy diet is very important during the COVID-19 pandemic. What we eat and drink can affect our body's ability to prevent, fight and recover from infections. While no foods or dietary supplements can prevent or cure COVID-19 infection, healthy diets are important for supporting immune systems. Good nutrition can also reduce the likelihood of developing other health problems, including obesity, heart disease, diabetes and some types of cancer. For babies, a healthy diet means exclusive breastfeeding in the first six months, with the introduction of nutritious and safe foods to complement breastmilk from age 6 months to 2 years and beyond. For young children, a healthy and balanced diet is essential for growth and development. For older people, it can help to ensure healthier and more active lives.

Your Plate For The Day Against COVID-19



Tips for maintaining a healthy diet

1. Eat a variety of food, including fruits and vegetables

- Every day, eat a mix of wholegrains like wheat, maize and rice, legumes like lentils and beans, plenty of fresh fruit and vegetables, with some foods from animal sources (e.g. meat, fish, eggs and milk).
- Choose wholegrain foods like unprocessed maize, millet, oats, wheat and brown rice when you can; they are rich in valuable fibre and can help you feel full for longer.
- For snacks, choose raw vegetables, fresh fruit, and unsalted nuts.

2. Cut back on salt

- Limit salt intake to 5 grams (equivalent to a teaspoon) a day.
- When cooking and preparing foods, use salt sparingly and reduce use of salty sauces and condiments (like soy sauce, stock or fish sauce).
- If using canned or dried food, choose varieties of vegetables, nuts and fruit, without added salt and sugars.
- Remove the salt shaker from the table, and experiment with fresh or dried herbs and spices for added flavor instead.
- Check the labels on food and choose products with lower sodium content.

3. Eat moderate amounts of fats and oils

- Replace butter, ghee and lard with healthier fats like olive, soy, sunflower or corn oil when cooking.
- Choose white meats like poultry and fish which are generally lower in fats than red meat; trim meat of visible fat and limit the consumption of processed meats.
- Select low-fat or reduced-fat versions of milk and dairy products.
- Avoid processed, baked and fried foods that contain industrially produced trans-fat.
- Try steaming or boiling instead of frying food when cooking.

4. Limit sugar intake

- Limit intake of sweets and sugary drinks such as fizzy drinks, fruit juices and juice drinks, liquid and powder concentrates, flavoured water, energy and sports drinks, ready-to-drink tea and coffee and flavoured milk drinks.
- Choose fresh fruits instead of sweet snacks such as cookies, cakes and chocolate. When other

dessert options are chosen, ensure that they are low in sugar and consume small portions.

- Avoid giving sugary foods to children. Salt and sugars should not be added to complementary foods given to children under 2 years of age, and should be limited beyond that age.

5. Stay hydrated: Drink enough water

- Good hydration is crucial for optimal health. Whenever available and safe for consumption, tap water is the healthiest and cheapest drink. Drinking water instead of sugar-sweetened beverages is a simple way to limit your intake of sugar and excess calories.

6. Avoid hazardous and harmful alcohol use

- Alcohol is not a part of a healthy diet. Drinking alcohol does not protect against COVID-19 and can be dangerous. Frequent or excessive alcohol consumption increases your immediate risk of injury, as well as causing longer-term effects like liver damage, cancer, heart disease and mental illness. There is no safe level of alcohol consumption.

7. Breastfeed babies and young children

- Breastmilk is the ideal food for infants. It is safe, clean and contains antibodies which help protect against many common childhood illnesses. Babies should be breastfed exclusively during the first 6 months of life, as breast milk provides all the nutrients and fluids they need. From 6 months of age, breast milk should be complemented with a variety of adequate, safe and nutrient-dense foods. Breastfeeding should continue under babies at 2 years of age or beyond. Women with COVID-19 can breastfeed if they wish to do so and should take infection prevention and control measure. Healthy eating and healthy lifestyle are crucial to prevent long term consequences of COVID-19. Bringing a permanent change in lifestyle by opting to healthy eating habits and physical activity one can eliminate the long-term consequences such as obesity, Diabetes Mellitus, cardiovascular diseases and other non-communicable disease.

Conclusion

Staying physically active and following a healthy diet are the key steps for a healthy life in this new normal period.

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