

PHYSICAL ACTIVITY IN THE TIME OF CORONAVIRUS

The World Health Organisation (WHO) has released a set of draft guidelines for physical activity during the time of Coronavirus and confinement.

Although the guidelines are in draft form, GPV/KCV believes them to be worthy of consideration. A summary of the recommendations is provided in the document. The guidelines are relevant to all – irrespective of gender, cultural background or socio-economic status, and are relevant for children and adolescents of all abilities.

Intensity aerobic physical activity per week, or an equivalent combination of moderate- and vigorous-intensity activity, for additional health benefits.

- Adults should limit the amount of time spent being sedentary, and replacing sedentary time with physical activity of any intensity (including light intensity) has health benefits;
- Adults who are highly sedentary should aim to achieve or exceed the upper levels of recommended moderate-to-vigorous intensity physical activity.

If anyone would like send comments to KCV we will convey them to the WHO.

Children and adolescents (5-17 years)

- Children and adolescents should do at least an average of 60 minutes per day of moderate-to-vigorous intensity physical activity, across the week; most of this physical activity should be aerobic.
- Vigorous-intensity aerobic activities, as well as those that strengthen muscle and bone should be incorporated at least three days per week.
- Children and adolescents should limit the amount of time spent being sedentary, particularly the amount of recreational screen time.

Adults (18-64 years)

- Adults should do at least 150 minutes to 300 minutes of moderate-intensity aerobic physical activity throughout the week, or do at least 75 to 150 minutes of vigorous-intensity aerobic physical activity throughout the week, or an equivalent combination of moderate- and vigorous-intensity activity for substantial health benefits;
- Adults should also do muscle-strengthening activities at moderate or greater intensity that involve all major muscle groups on two or more days a week, as these provide additional health benefits.
- Adults may increase moderate-intensity aerobic physical activity to more than 300 minutes per week, or engage in more than 150 minutes of vigorous-

Older adults (65 years and over)

- Older adults should do at least 150 minutes to 300 minutes of moderate-intensity aerobic physical activity throughout the week, or do at least 75 to 150 minutes of vigorous-intensity aerobic physical activity throughout the week, or an equivalent combination of moderate- and vigorous-intensity activity for substantial health benefits;
- Older adults should also do muscle-strengthening activities at moderate or greater intensity that involve all major muscle groups on two or more days a week, as these provide additional health benefits;
- As part of their weekly physical activity, older adults should do varied multicomponent physical activity that emphasises functional balance and strength training at moderate or greater intensity on three or more days per week to enhance functional capacity and prevent falls.
- Older adults may increase moderate-intensity aerobic physical activity to more than 300 minutes per week, or engage in more than 150 minutes of vigorous-intensity aerobic physical activity per week, or an equivalent combination of moderate- and vigorous-intensity activity for additional health benefits.
- Older adults should limit the amount of time spent being sedentary and replacing sedentary time with

Kinship Care in the time of Coronavirus

Children and adolescents with disability should do at least an average of 60 minutes per day of moderate-to-vigorous intensity physical activity, across the week; Most of this physical activity should be aerobic. Vigorous-intensity aerobic activities, as well as those that strengthen muscle and bone should be incorporated at least three days per week.

physical activity of any intensity (including light intensity) has health benefits;

Adults with chronic conditions (18 years and over)

- Adults with chronic conditions should do at least 150 minutes to 300 minutes of moderate-intensity aerobic physical activity throughout the week, or do at least 75 to 150 minutes of vigorous-intensity aerobic physical activity throughout the week, or an equivalent combination of moderate- and vigorous-intensity activity for substantial health benefits;
- Adults with chronic conditions should also do muscle-strengthening activities at moderate or greater intensity that involve all major muscle groups on two or more days a week, as these provide additional benefits;
- As part of their weekly physical activity, older adults with chronic conditions should do varied multicomponent physical activity that emphasises functional balance and strength training at moderate or greater intensity on three or more days per week to enhance functional capacity and prevent falls.
- When not contraindicated, adults with chronic conditions may increase moderate-intensity aerobic physical activity to more than 300 minutes per week,

or engage in more than 150 minutes of vigorous-intensity aerobic physical activity per week, or an equivalent combination of moderate- and vigorous-intensity activity, for additional health benefits.

Children and adolescents (aged 5-17 years) and adults (aged 18 years and over) living with disability

- Children, adolescents and adults with disability should try to meet these recommendations where possible and as able. Children and adolescents with disability should do at least an average of 60 minutes per day of moderate-to-vigorous intensity physical activity, across the week; Most of this physical activity should be aerobic. Vigorous-intensity aerobic activities, as well as those that strengthen muscle and bone should be incorporated at least three days per week.
- All adults with disability should undertake regular physical activity;
- Adults with disability should do at least 150 minutes to 300 minutes of moderate- intensity aerobic physical activity throughout the week, or do at least 75 to 150 minutes of vigorous-intensity aerobic physical activity throughout the week, or an equivalent combination of moderate- and vigorous-intensity activity for substantial health benefits;
- Adults with disability should also do muscle-strengthening activities at moderate or greater intensity that involve all major muscle groups on two or more days a week, as these provide additional benefits;
- As part of their weekly physical activity, older adults with disability should do varied multicomponent physical activity that emphasises functional balance and strength training at moderate or greater intensity on three or more days per week to enhance functional capacity and prevent falls.
- When not contraindicated, adults with disability may increase moderate-intensity aerobic physical activity to more than 300 minutes per week, or engage in more than 150 minutes of vigorous-intensity aerobic physical activity per week, or an equivalent combination of moderate- and vigorous-intensity activity, for additional health benefits.

Children, adolescents and adults with disability may consider consulting a health care professional or other physical activity and disability specialist to help determine the type and amount of activity appropriate for them.