

عنوان مقاله:

The vital function of physical activity, exercise, and diet in the management of COVID-19 Symptoms

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خلاصه مقاله:

The COVID-19 pandemic has caused many of us to stay constantly hospitalized and isolated. In addition, this has severe long-term mental health impacts such as depression, post-traumatic stress, anxiety, rage, anger, and opioid addiction. Consequently, it leads to the growth of Sedentary Death Syndrome and impairs the cognitive ability of individuals. Even so, it was shown to be necessary to support an individual's condition and general wellbeing when a person leads a physically active lifestyle or is involved in regular home exercise. Regular strength exercise in the home, provides a variety of effects Which has a direct positive effect on a person's mental health. as the WHO has recently mandated, the accumulation of at least sixty minutes of moderate-to-intensity physical activity every day for children aged 6 to 17, as well as on two days per week for adults in order to increase bone and muscular strength, there is a very strong correlation between getting enough exercise and becoming healthy.

کلمات کلیدی:

(Corona viruses, physical activity, Interleukin-6, Middle East Syndrome (MERS

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