

‘Covid shows need for exercise, good sleep’

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Covid-19 has again underlined the need for a healthy lifestyle including regular exercise, nutritional diet, good sleep, weight management etc.

Doctors and experts say those following a healthy nutritional diet and exercise have better immunity to fight the disease even when they get infected. While co-morbidities such as diabetes and heart disease have made people vulnerable even during the first wave, doctors are particularly concerned about obesity in severe patients this time as it also hinders proning — a crucial technique in managing oxygen levels even in hospitalised patients of Covid-19.

“During the second wave we are getting large number of obese patients and since the disease severity is more this time, managing such patients is challenging, particularly prone positioning is very difficult in such patients because the abdominal weight creates an obstacle in movement,” says Dr Ravi Shekhar Jha, Sr Consultant – Pulmonology at Fortis Escorts Hospital.

“A healthy lifestyle strengthens an individual’s ability to fight the SARS-COV2 virus. Lifestyle diseases like hypertension, diabetes and obesity increase the risk of hospitalisation, a severe course during hospitalisation and sadly mortality in Covid-19.

Maintaining a healthy BMI, an exercise routine and consuming a balanced diet should be a part of everyone’s personal goals as we tackle the pandemic,” says Dr Anupam Sibal, group medical director at Apollo Hospitals.

Full report on www.toi.in

Pic for representation



Doctors are particularly concerned about obesity in severe patients in the second wave