**Physical Activity during a pandemic**

Physical Resilience: The ability to adopt and sustain healthy behaviors (e.g., medical and dental preventive care, nutrition, fitness, and sleep) needed to enhance health and wellbeing.

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**Facilitator Guide Source information:**

- A Call to Action: Physical Activity and COVID-19 - Sallis, and Pratt

- Staying Active While Social Distancing: Questions and Answers - health.gov

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**Possible Topic Questions**

1. What do you do for physical activity? How has your physical activity routine changed since the onset of the pandemic?

2. People have different reasons for doing physical activity, why do you do it?

3. Other than the AF Fitness test, what other ways can physical activity contribute to the AF mission and your health?

4. What are some of your current barriers to physical activity? Any tips to overcome those barriers?

**Why maintain physical activity during Covid-19 pandemic?**

1. Physical activity has the potential to reduce the severity of Covid-19 symptoms.

2. Physical activity is effective for both preventing and treating heart disease, diabetes, and eight cancers. All of these risk severe illness and death among those infected with Covid-19. Exercise is medicine!

3. Physical activity helps reduce stress. Symptoms of stress increase as the pandemic continues due to health threats, working from home, reduced income, and isolation.

4. The stress response of the body to psychological stress creates imbalances between cortisol and other hormones that negatively affect the immune system. The most effective way to restore cortisol and hormonal imbalances due to stress is to use physical activity as a stress management tool.

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**For more information to improve your physical resilience reach out to:**

- Military Crisis Line 800-273-8255
- DoD Safe Helpline 877-995-5247
- Military One Source 800-342-9647
- AF Employee Assistance Program 866-580-9078
- AF Discrimination & Sexual Harassment Hot-line 888-231-4058

For Civilians - Employee Assistance Program 866-580-9078