



Role of Physical Activity in Severe COVID-19 Outcomes

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Prevalence of obesity, a marker of evolution of the world-population lifestyle and global prevalence of physical inactivity were greater than the prevalence of the worldwide prevalence of tobacco smokers with potentially being a greater mortality cause than tobacco smoking [1]. All COVID-19 patient cohorts demonstrated increase in severe-COVID-19 risk among persons with obesity by the index of adiposity (Body-Mass Index (BMI)) [2]. Regular physical activity decreases the risk of developing chronic respiratory diseases, cardiovascular diseases, and type 2 diabetic mellitus [2]. A recent study on physical activity among 48,440 COVID-19-adult patients in the United States revealed that COVID-19 patients with consistently physical inactivity had a greater risk of hospital admission (Odds Ratio (OR): 2.26; 95% Confidential Interval (CI): 1.81-2.83), intensive-care-unit (ICU) admission (OR: 1.73; 95% CI: 1.18-2.55), and mortality (OR: 2.49; 95% CI: 1.33-4.67) that were related to COVID-19 than patients with consistently meeting physical activity guidelines [3].

In conclusion, efforts to promote physical activity following the guidelines should be the routine-medical-care's incorporation and public-health-agencies' prioritization. Tools for assessing and targeting physical activity in clinical practice are urgently needed.

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