

[IMAGE]

A Fitter You = A Better Fighter Against COVID-19

Complications

By Editorial Staff

While *vaccine* seems destined to remain the buzzword when it comes to COVID, let's not forget about natural options that, while they may not prevent COVID-19 infection, appear to reduce the chances you'll suffer serious consequences if you do end up contracting the virus.

Case in point: a new study that suggests adults who score high on an exercise stress test are less likely to be hospitalized due to COVID-19 compared to patients who score lower. Patients who completed the test between Jan. 1, 2016 and Feb. 29, 2020, received a test for SARS-CoV-2 between Feb. 29, 2020 and May 30, 2020. Among patients who tested positive, peak metabolic equivalents of task (METs), a measure of maximal exercise capacity, were significantly higher in patients not hospitalized compared to patients who were hospitalized.

The researchers' conclusion, published along with their findings in *Mayo Clinic Proceedings*, makes the value of these study results clear: "Maximal exercise capacity is independently and inversely associated with the likelihood of hospitalization due to COVID-19. These data further support the important relationship between cardiorespiratory fitness and health outcomes."

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