

Exercise Makes Quarantine Fun

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When the Coronavirus (COVID-19) Pandemic emerged in the United States, the thought of stay-at-home orders did not cross the minds of the general population. Quarantine caught people off guard and created life altering circumstances. People no longer thought about eating healthy, exercising, or following through with New Year's resolutions. In the last decade, researchers studied the benefits of exercise due to the production of endorphins and the boost this hormone gives the body. This health promotion project focused on exercise during quarantine and the positive effects it provides with a focus on the biopsychosocial model. The purpose of this project included planning a study that supported prior research findings and promoted the use of exercise as a healthy coping strategy during challenging circumstances. Potential participants focused on college students because COVID-19 is the first crisis this population will remember in their lifetime. Participants would include 30 randomly selected college students who respond to an ad placed on social media platforms such as Instagram or Facebook. Over the course of a stay-at-home order, participants would complete a variety of workout routines. A baseline report would collect the participants' initial anxiety levels, mood, and stress levels focused on the COVID-19 pandemic. A weekly survey would be emailed each Saturday to follow-up with participants. At the end of strict stay-at-home orders (i.e., restrictions are lifted), participants would complete a final survey summarizing their anxiety, physical wellbeing, and level of social interaction.