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Healthy lifestyle gives better Covid immunity: Docs

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

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.

“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.

Dieticians suggest leafy green vegetables, berries, citrus, garlic and onions. Fruits high in Vitamin C and banana are also recommended for improving immunity. Experts suggest light regular exercise to trigger circulation which in turn activates immunity receptors.