



News Release

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Platte County Lifestyle Coalition discusses deconditioning during COVID-19 pandemic

For Immediate Release

(COLUMBUS, Neb.) – The Platte County Lifestyle Coalition is a local coalition dedicated to promoting healthy lifestyles. Its messages focus on the benefits of physical activity and healthy nutrition.

In October, the coalition is discussing an effect from the COVID-19 pandemic that is not often talked about: “deconditioning” or the loss of physical fitness and strength.

Deconditioning can lead to chronic illnesses such as high blood pressure, stroke, heart disease and obesity; poorer mental health and reduced diabetic control or prevention. It can also lead to worsened musculoskeletal, low back and chronic pain.

Everyone can do something about deconditioning. Everyone, young and old, must be intentional about moving around more naturally again before deconditioning leads to poor health, even if someone considered themselves active before the pandemic.

Here are a few easy tips people can use to increase their physical activity each day:

- Make changes to their workspace to incorporate some standing work.
- Make a point to move every half hour.
- Do some steps.
- Try loaded movement training.
- Incorporate more exercise into each day.

If someone is having trouble getting active again, they should see their local physical therapist who can help them get on a path to moving more with less pain.

October is National Physical Therapy Month. For more information on this observance or how physical therapy can help a person move more, go to www.ChoosePT.com.

To learn more about the PCLC or how to become involved, contact Danielle Frewing, BSN, RN, director of CCH’s Occupational Health Services at 402-562-4483 or dafrewing@columbushosp.org.

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