

COVID19 and our lungs.



The health of your lungs is critical in this current virus. Recent research in 2018 at Saint Peter's College focused on the volume of oxygen capacity of the lungs for aerobic ability in relation to the removal of carbon dioxide. They considered height, weight, age, racial, and social standards. The two factors (oxygen and carbon dioxide) are marked by a ratio. This ratio will give you an indication of how healthy your lungs are. The average score for men is 350, for women it is 330. I am 78 years old and my ratio score is over 900, which means that I have basically three times a stronger opportunity to fight off disease. This happens because I do a lot of aerobic exercise.

The American Heart Association recommends 150 minutes of walking per week and 75 minutes of aerobic exercise. Before you start an increased aerobic exercise program, you need to check with your doctor. Aerobic means that you are increasing your heart rate to some degree which means you have to have more oxygen. You need to find your resting heart (pulse) rate. Once that is established, you will need to walk at a slightly increased speed. I recommend no more than an increased heart rate of 20 beats per minute. The length of time will vary to get it to that point. Generally, at the end of 3 ½ minutes check your heart rate and see if it has reached your goal. If not, you will have to increase it. For example: If your resting heart rate is 72, then you would increase your aerobic exercise so your heart rate is 92 and no higher. Usually within 3-4 weeks, you can increase it by 10 beats per minute to 102.

The whole point here is to do what you can do. Anything is better than nothing! Keep in mind that you can break up your exercise in small portions throughout the day.