

A woman in a black leotard is performing aerial silk in a modern studio. She is suspended in the air, holding onto a white silk rope with her right hand. Her left leg is extended upwards, and her right leg is extended downwards. The studio has large windows in the background, showing a cityscape. There are potted plants on the floor. A large black circle is overlaid on the right side of the image, containing the title and authors.

# **COPING** **WITH** **COVID-19**

---

DE GUZMAN • FELICIANO • MASBANG

# Introduction

Physical activity reduces symptoms of depression and enhances emotional wellbeing. If you can move your body every single day, you can improve your mood.

What are the things we can do at home to improve our physical health? What are the efficient sleeping routines, eating diets, and exercises we can do? Are there any possible equipment tools for working out that we can find or make at home?

These are the questions we have in mind to cope with the lockdown in our homes, boredom, and to improve our physical and mental health. There are a lot of different exercises, eating diets, all the possible helpful tips to cope with the lockdown, DIY equipment for working out, and sleeping patterns that are easy to do and could be helpful that would be introduced in this study.



**COPING  
WITH  
COVID-19**





# Problems/Issues

- Psychological Health Issues
- Lack of Motivation for Fitness
- Social Media Dependence

# Objectives

- ✓ • To educate people about the ways of coping with COVID-19 physically.
- ✓ • To provide example that can be use at home for workout/exercises.
- ✓ • To explain the benefits of physical activities to every individual.
- ✓ • To offer DIY equipment that are handy to use for home workout.





# Features

[Home](#)

[About](#)

[Fitness](#)

[Contact](#)



Home

Advocacy Title

Navbar

Advocacy title

A woman with curly hair is in a gym, leaning forward in a starting position for a workout. A large, semi-transparent red circle is overlaid on the right side of the image, containing the text 'COPING WITH COVID-19' in white, bold, sans-serif capital letters. The background shows gym equipment like a red pillar and a black bag.

**COPING**  
WITH  
**COVID-19**



# About

Advocacy Description

The Team

( Advocates )

# Fitness

Benefits

Exercises

DIY Equipment



**COPING**  
WITH  
**COVID-19**





# Contact

## Contact Information

## Social Media

## Accounts