**Introduction**

Coronavirus disease 2019 (COVID-19), also known as the coronavirus or COVID, is a contagious disease caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The first known case came from Wuhan, China, in December 2019. The disease has since spread worldwide, leading to an ongoing pandemic. Transmission of COVID-19 occurs mainly when an infected person is in close contact with another person. With this pandemic, the government decided to implement preventive measures to fight the spread of the virus.

These preventive measures include physical or social distancing, quarantines, ventilation of indoor spaces, covering coughs and sneezes, using face masks, face shields, and sanitary tools, and hand washing. With these preventive measures, people are lockdown inside their houses and barely go out. The coronavirus disease (COVID-19) pandemic has impacted the economy, livelihood, and physical and mental well-being of people worldwide. The Philippines, with its relatively ill-equipped health system, is expected to be overwhelmed with the surge of COVID-19 cases. A shortage of hospital beds in regular as well intensive care, mechanical ventilators and masks are among the most pressing issues in an archipelago country of 100 million people.

Based on a study by Alexea Gaffney, M.D. (2020), Adults who had existing chronic health conditions were at increased risk of lowered mental and physical health during lockdown. Adults who had also stopped working during lockdown were also at higher risk of harm to their mental and physical health. Due to poverty, lack of exercise, and the deteriorating mental health, it is hard for Filipinos to stay healthy amidst the pandemic, staying physically healthy at home could help improve our immune system and well-being. If you want to improve your mental health, you should improve your physical health. You will be pleased to know there is a direct association between sleep, exercise, nutrition, and emotional health.

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 introduce in this study.

**Problems and/or Issues**

1. Psychological Health Issues

Pretty much every member detailed confronting mental medical problem connected to the COVID-19 pandemic and ensuing lockdown. Members experienced dissatisfaction, tension, dread, and stress. For instance, member 11 revealed, "I'm encountering dissatisfaction day by day for investing my 24 by 7 energy at home, seeing same faces and am not permitted to go anyplace. Uneasiness of work and its forthcoming situations stimulate my psyche a ton. Consider the possibility that I need to manage my work essentially for a lifetime. …. Like that. Furthermore, particularly encountering a dread of losing my steadily enchanting character, the monetary status of family, no wages or less wages, less freedoms in future, work shift, medical services of my family."

1. Lack of Motivation for Fitness

The closure of gym and other wellness centers, including sports arenas, morning walk parks, and so on, and the elevated mental medical problems have brought about the absence of wellness inspiration. For instance, member 1 reports,

"It couldn't be any more obvious, at last because of the closure of exercise center during this pandemic, my cadence has been upset, you are getting it? I have had a tight timetable consistently because of my calling yet each evening I used to head out to the exercise center day by day… …. That is to say, that energy is gone, … .presently likewise I am getting time in the evening however then additionally I can't request that myself work out in light of the fact that that rec center climate is gone, the exercise center individuals as you would see different colleagues at rec center, that would spur you, their body gives you a motivation that how the person in question is that fit, they inspire you, here I share a character with them, I discover those individuals as wellspring of my inspiration to actual exercise, those individuals give you such a lot of spirit and now that is lost absolutely, I in a real sense long for that."

1. Social Media Dependence

One of the significant changes in the people's lives during this pandemic was the expanded web-based media reliance. Because of social separating, individuals were investing more energy online to for all intents and purposes interface with others and stream diversion. In the background, the COVID-19 pandemic prompted an expansion in the time spent via web-based media that assisted individuals with killing time. Member 12 announced the advantages just as the disadvantages of this web-based media reliance.

"Web-based media is a blended inclination stage. I mean at one hand it keeps me refreshed with the event around; the offices guaranteed by the public authority; and… it keeps me associated with the world. Be that as it may, on the other, it bothers me a ton, a ton of falsehood makes a concern in you. So indeed, there is a double levelheaded of this online media."

**Objectives**

The objective of this study is to improve our physical and mental health by teaching people at home how to cope with the pandemic during lockdown.

* 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.

**Members and their roles**

Ryan Christian Masbang- Leader

Stephanie De Guzman- Editor

Matthew Janiel C. Feliciano- Researcher

**Github Team Account URL:**

[https://github.com/deguzmanfelicanomasbang](https://github.com/deguzmanfelicanomasbang?fbclid=IwAR1vASTU28IBQvbMMUdZnSiCKjDvcsHK7h3aCcXAM3TBIekJykjLGZ8krdQ)

**References:**

Naguit R.J., (2020) “Philippines: COVID-19 as a public health crisis”

Retrieved from:

<https://asia.fes.de/news/philippines-covid-19-as-a-public-health-crisis>

Gaffney, A. M.D, (2020), “What is the COVID-19 Lockdown Doing to Our Mental Health?”

Retrieved from:

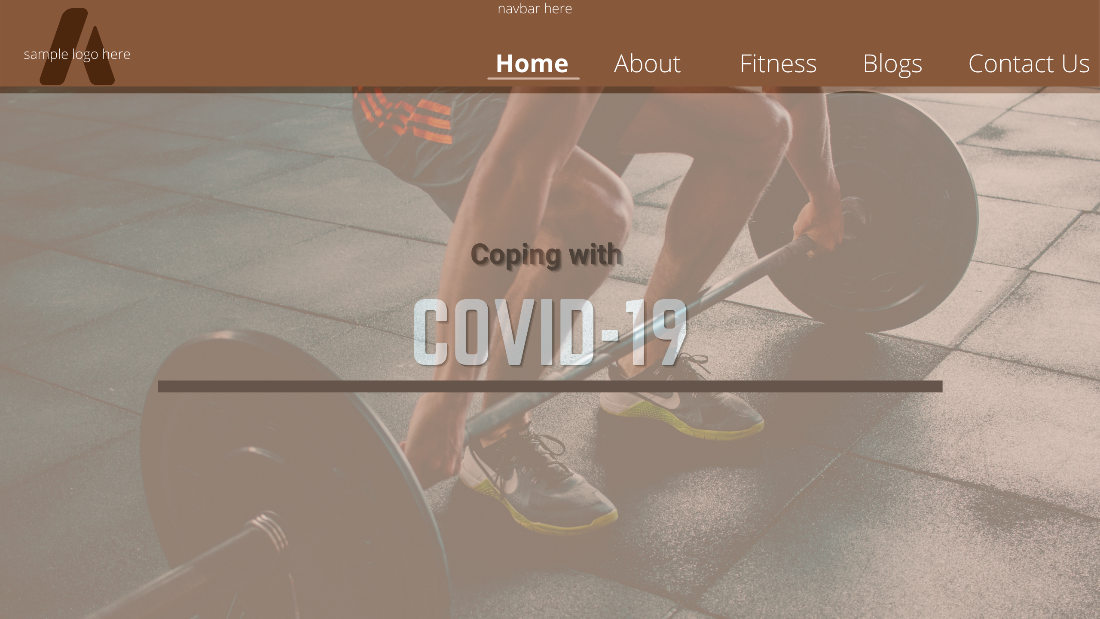
<https://www.healthcentral.com/article/covid-19-lockdown-affects-mental-health>

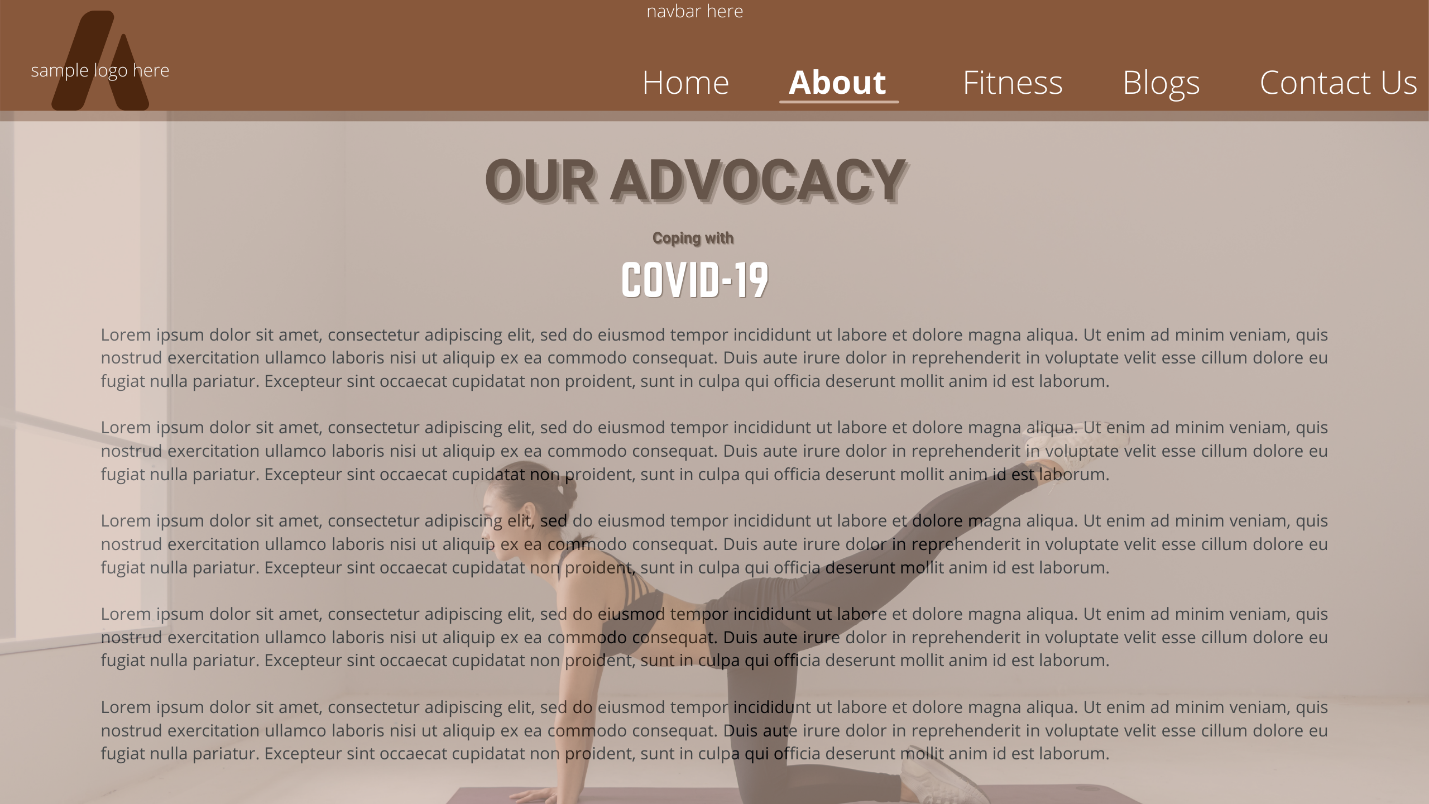
Morin, S., (2017) “Improve Mental Health by Improving Physical Health”

Retrieved from:

<https://www.healthyplace.com/blogs/livingablissfullife/2017/02/improve-physical-health-to-improve-mental-health#:~:text=Three%20Ways%20to%20Improve%20Mental%20Health%20with%20Physical,Proper%20nutrition%20is%20crucial%20to%20emotional%20health.%20>

**DRAFT**

****

****