Date accessed: 2020-03-06

<http://wsjkw.gxzf.gov.cn/zhuantiqu/ncov/ncovyqtb/2020/0302/69624.html>

**Epidemic situation of new coronavirus pneumonia in Guangxi on March 1, 2020**

Date: 2020-03-02 08:00:00 Source: Autonomous Regional Health Committee

3 Yue 0-24 on the 1st, the district was no new confirmed case of novel coronavirus pneumonia ; no new suspected cases; new cases were cured in 9 cases (two cases Nanning, Guilin 1 case, 2 cases of Beihai City, 2 cases in Guigang City and 2 cases in Hechi City); no new deaths.

At present, there are 252 confirmed cases, 188 discharged cases, and 2 dead cases (1 in Hechi City and 1 in Beihai City). There are 62 confirmed cases, all of which are in hospital, including 1 severe case. (1 in Guilin), 5 critical cases (1 in Nanning, 1 in Beihai, 2 in Fangchenggang, and 1 in Hechi); there are currently 0 suspected cases.

Among the confirmed cases , 55 were in Nanning, 24 were in Liuzhou, 32 were in Guilin, 5 were in Wuzhou, 44 were in Beihai, 19 were in Fangchenggang, 8 were in Qinzhou, 8 were in Guigang, 11 were in Yulin, There were 3 cases in Baise City, 4 cases in Hezhou City, 28 cases in Hechi City, and 11 cases in Laibin City .

There are no new close contacts today, and 320 people are currently undergoing medical observation.

During the epidemic prevention and control, home fitness and improving self-immunity have become the consensus of people of all ages, but how can the middle-aged and elderly people achieve fitness at home? Experts suggest that middle-aged and elderly people living at home should follow the principles of science, moderation, and regularity, and give priority to Taijiquan, Baduanjin and other sports. Because these non-vigorous exercises have no special requirements on the venue, and the movement rhythm is slow. During the exercise, through fine, uniform, deep, and long abdominal breathing, the respiratory muscle groups can be fully exercised and their lung capacity can be increased. Fitness and health functions; the second is to require daily exercise, no less than 4 times a week, 40-60 minutes each time is appropriate; the third is to arrange one or two exercises in a day if time is limited or physical conditions are not allowed, each This exercise is 15-30 minutes, and the whole set of movements can also be disassembled, and a single-section movement exercise suitable for you can be selected from them. In addition, you must have a scientific and reasonable diet, pay attention to controlling the total amount, and you can eat seven or eight full meals per meal; eat more kinds of fresh ingredients, and try to reduce pickled foods, spicy and greasy foods, and alcoholic beverages.

**2020年3月1日广西新型冠状病毒肺炎疫情情况**

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3月1日0-24时，我区无新增新型冠状病毒肺炎确诊病例；无新增疑似病例；新增治愈出院病例9例（南宁市2例，桂林市1例，北海市2例，贵港市2例，河池市2例）；无新增死亡病例。

目前全区累计报告确诊病例252例，累计出院病例188例，累计死亡病例2例（河池市1例、北海市1例），现有确诊病例62例，均在院治疗，其中重症病例1例（桂林市1例），危重病例5例（南宁市1例、北海市1例、防城港市2例、河池市1例）；现有疑似病例0例。

累计确诊病例中，南宁市55例、柳州市24例、桂林市32例、梧州市5例、北海市44例、防城港市19例、钦州市8例、贵港市8例、玉林市11例、百色市3例、贺州市4例、河池市28例、来宾市11例。

本日无新增密切接触者，现有320人正在接受医学观察。

疫情防控期间，居家健身、提高自身免疫力已成为各个年龄段人群的共识，但中老年人群如何居家健身才能达到目的？专家建议，中老年人群居家健身要按照科学、适度、规律的原则，优先选择太极拳、八段锦等运动。因为，这些不剧烈的运动，一是对场地没有特殊要求，运动节奏缓慢，在锻炼过程中通过细、匀、深、长的腹式呼吸，能使呼吸肌肉群得到充分锻炼，提高肺活量，具有健身养生功能；二是要求保持每天锻炼，一周不少于4次，每次40—60分钟为宜；三是如果时间有限或身体状况不允许，可在一天中安排一到两次练习，每次练习15—30分钟，也可将整套动作拆开，从中选择适合自己的单节动作练习。此外，要科学合理膳食，注意控制总量，每餐吃到七八分饱即可；多摄入种类丰富的新鲜食材，尽量减少摄入腌制食品、辛辣油腻食品以及含酒精饮品。