

Covid Recovery Program

Small group or individual program for persons' suffering from the extended after effects of COVID-19.

COVID-19 symptoms can sometimes persist for months. The virus can damage the lungs, heart and brain, which increases the risk of long-term health problems.

Most people who have coronavirus disease 2019 (COVID-19) recover completely within a few weeks. But some people, even those who had mild versions of the disease continue to experience symptoms after their initial recovery.

These people are described as "long haulers" and their conditions have been called post-COVID-19 syndrome or "long COVID-19." These health issues are sometimes called post-COVID-19 conditions.

Older people and people with many serious medical conditions are the most likely to experience lingering COVID-19 symptoms, but even young, otherwise healthy people can feel unwell for weeks to months after infection. Common signs and symptoms that linger over time include:

- Fatigue
- Shortness of breath or difficulty breathing
- Joint pain
- Chest pain
- Memory, concentration or sleep problems
- Muscle pain or headache
- Fast or pounding heartbeat
- Depression or anxiety

Exercise is an important part of recovery after a severe COVID-19 illness. Exercise can help to:

- Improve cardiorespiratory fitness
- Increase muscle strength
- Improve cognitive health
- Increase confidence
- Reduce breathlessness
- Improve balance and coordination
- Reduce stress and improve mood
- Increase your energy levels

***Covid Recovery group exercise program meets 2 times per week
Monday & Wednesday 10:15am – 11:15am
\$55 per month or \$10 copay**

***One on One training available by appointment.**