

WORK YOUR WAY OUT OF THE PANDEMIC

Saints find new ways to exercise during quarantine

Article by Lindsey Yared

Photo courtesy of Ethan Cogdill

For the last couple of years, senior Ethan Cogdill has been training twice a week at Functional Fitness, a gym in Maitland. However, when the pandemic hit back in March, Cogdill, then a junior on the varsity weightlifting team, was back to training, but this time it wasn't in a state-of-the-art gym; it was an old Frito Lay truck. Cogdill's trainer bought the truck and outfitted it with squat and bench press racks on the side, an exercise bike, and free weight racks inside. So while sports and activities across the US were cancelled, Cogdill was bench pressing in his driveway.

Like Cogdill, a lot of people had to adjust their workout regime when many gyms closed in March. Even when gyms reopened, some still wanted to stay at home due to COVID-19 concerns, so many fitness enthusiasts had to find creative ways to workout at home and still stay in shape.

"Working out in trailers is obviously very different from working out in a regular gym," Cogdill said. "The shortage of space means

that workout movements often have to be thought."

Physical education teacher Dee Starling said that when the pandemic first started, she saw a lot more families going on walks.

"I think, in the beginning, it was a positive thing because the trails are busy, families were out riding bikes, and you know, having more outdoor time," Starling said.

Although there were some positives to working out during quarantine, she said that COVID-19 has taken a toll on kids' activity levels when many sports stopped during quarantine.

Assistant to the Associate Head of School Tracey Watson said that she likes working out of her own at home rather than being at the gym around other people. She feels like she gets the same workout using her own bodyweight.

"I feel just as good [doing bodyweight strength] as I did when I was lifting weights, doing higher weight reps, and stuff with barbells than I was at the [YMCA]," Watson said. "So why would I go back to the Y if I can do it all in my house?"

While Watson has been able to replace her gym workouts with similar ones at home,

Starling said that she has had to think of new ways to exercise. Starling said that she's doing more walking trails, and during quarantine, she found different paths to walk on.

"I've never really been into walking or running, but I kind of had to [because the] gyms are closed," Starling said.

She suggested using apps to help motivate home workouts. Some apps that Starling uses are FitOn, Workout for Women, C25K, and Runkeeper. There are also many Youtube videos that people can follow for their workouts, and Planet Fitness now has interactive classes at their gyms even for non-members. Many companies have become popular over quarantine such as Peloton with the Peloton app, a new app by Apple called Apple Fitness+, and Nike with the Nike Training Club app.

"I think people are having to be a little bit more creative with their workouts and a little bit more flexible," Starling said. "Definitely, people are doing more outdoor stuff just so they can have fresh air and a lot of people were taking bike ride[s], running, and doing trails."

Starling said that taking care of oneself and working out can be a positive thing, regardless of a pandemic or not.

"This is a perfect example of why taking care of yourself is so important," Starling said. "You may not prevent [COVID] from happening completely, however, if you are healthy and fit, your immune system is stronger and able to fight off, hopefully, things like COVID a little bit better."

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Senior Ethan Cogdill works out throughout the week in his trainer's work out truck. During the Covid-19 pandemic, many people have had to improvise safe ways to do everyday things.