How much exercise may be just right?

Here are some guidelines based on just the right amount – for most people.

Do perform mild to moderate exercise (20-45 minutes), up to three times per week.

Strive to maintain (not gain) strength or fitness during the quarantine period.

Do avoid physical contact during exercise, such as playing team sports, that is likely to expose you to mucosal fluids or hand-to-face contact.

Wash and disinfect equipment after use.

If you use a gym, find one that is adequately ventilated and exercise away from others to avoid droplets.

Remain engaged with teammates through social media, rather than social gatherings or contact.

Eat and sleep well to boost your immune system.

Remain optimistic that this too shall pass.

How much exercise may be too risky?

Here are some things not to do:

Do not exercise past exhaustion, which increases the risk of infection. An example would include marathon running, which increases the risk of illness from 2.2 percent to 13 percent after the race.

Do not exercise if you have any flu-like symptoms.

Do not exercise more than five days a week.

Do not exercise in crowded, enclosed spaces.

Do not share drinks or eating utensils.

Do not overdrink fluids, especially when sick, to try and "flush out" the toxins or prevent dehydration. It is not true that you can "flush out" toxins.

The J-shaped ("just right") curve suggests that exercise, like most things, is best in moderation. Stay safe out there and be creative – our game is not over, just temporarily suspended.

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