

The world is entering a new phase of the coronavirus disease 2019 (COVID-19) health crisis with the lifting of social and physical distancing as well as lockdown restrictions to control the pandemic. Scientific evidence obtained during the COVID-19 pandemic to this point have brought clear themes to the forefront. One important theme pertains to who is at a higher risk for poorer outcomes if infected with severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). Clearly, individuals with risk factors for chronic disease and one or more chronic disease diagnoses are at significantly higher risk for poor outcomes with SARS-CoV-2 infection.^{1,2} Moreover, unhealthy lifestyle behaviors (i.e., physical inactivity, poor nutrition, smoking and excess body mass) are the leading cause for the high incidence and prevalence of chronic disease the world was facing well before the COVID-19 pandemic.³ In fact, physical inactivity and chronic diseases were both characterized as pandemics prior to COVID-19