

# Exercise during the pandemic

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Maintaining good physical and mental condition during the COVID-19 pandemic is important. We are isolated, cannot live our usual life, which predisposes us to depression and other mental and physical diseases. The Hungarian League of Patients with Rheumatic Diseases organizes educational lectures and exercises via conference applications to maintain the active life and to avoid separation.

Our goal is to reach everybody in the organization who has internet connection and to help them to live full and complete life.

Patients without internet connection can join us face-to-face, according to the pandemic rules.

The outcome: patients can cope with their RMDs and the COVID situation more consciously, and they reach better mental and physical condition.



<https://izuletibetegsegek.hu/>