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CARTA AL EDITOR

## COVID-19, cuarentena, intensidad del ejercicio y niños

COVID-19, quarantine, exercise intensity and children

Dear Editor,

I would like to share ideas on the publication "Dosing physical exercise intensity during the COVID-19 quarantine: Does perceptual self-regulation work in children?1." Rodríguez-Núñez raised an important issue on physical exercise of children during COVID-19 quarantine<sup>1</sup>. The perceptual self-regulation might be an important factor but there are also many other important determinants. Indeed, the children can have exercise at any places but the important limitation might be the socioeconomical status. Quarantine in a big home of the rich family might easily to allow exercise than the poor one. Finally, the type of exercise is another important concern. If exercise is performed in group, it is also a question on the social distancing concept. Not only the exercise but also other aspects including to development and educational management of the children should be focused2. The topic of COVID-19 quarantine for the children is an interesting issue for further studies.

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India; visiting professor, Hainan Medical University,
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## References

- Rodríguez-Núñez I. Dosing physical exercise intensity during the COVID-19 quarantine: Does perceptual self-regulation work in children?. Rev Chil Pediatr. 2020;91(2):304-5.
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   2020;94:e202007064.

## Comentarios a Carta al Editor de autor Iván Rodríguez-Núñez

Comments to Letter to the Editor Author Iván Rodríguez-Núñez

This letter adds valuable information regarding physical exercise in children and complements the letter by Rodriguez-Núñez previously published.

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