



Effective Strategies to Boost Immunity Post COVID-19 Through Mindful Cycling Exercise

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ABSTRACT

The COVID-19 pandemic has presented a global challenge to public health and social dynamics, emphasizing the crucial role of pharmacists in raising health awareness. The Indonesian Pharmacists Association (IAI) has undergone significant changes, necessitating innovative initiatives to rebuild relationships within the pharmacist community. The "Pharmacists' Cycling Initiative" has emerged as a creative response, aiming to restore social connections and enhance health awareness among IAI members and the public. Cycling activities post-COVID-19 play a crucial role in promoting a healthy lifestyle and emphasizing the pharmacist's role in public health. This journal documents the positive impact of the initiative, providing insights for adaptive pharmacist policies post-pandemic. The implementation involves seeking approval, planning routes, and effective communication. The cycling event, held on December 22, 2023, incorporated unique participant identification for coordination. The initiative signifies a holistic strategy supporting pharmacists as positive agents of change within the community, emphasizing social and health integration.

INTRODUCTION

Since the outbreak of the COVID-19 pandemic, its impact on public health and social dynamics has become a serious challenge worldwide (Prasetyawan, F., 2023). In this situation, the role of pharmacists as stakeholders in health has become increasingly crucial, especially in efforts to raise health awareness among the public. The Indonesian Pharmacists Association (IAI), as a platform for the pharmacy profession, has also undergone significant changes as a result of this pandemic. The post-COVID-19 context highlights the need for innovative and focused initiatives to rebuild and strengthen relationships within the pharmacist community (Suryawati, S., 2020).

In this framework, the "Pharmacists' Cycling Initiative" has emerged as a creative response to the post-pandemic situation. Through cycling activities, pharmacists are not only attempting to restore disrupted social connections but also striving to enhance health awareness among IAI members and the general public (Prasetyo, A. B., 2021).

Cycling activities post-COVID-19 are increasingly becoming crucial as they provide an effective platform to promote a healthy lifestyle and raise awareness about the pharmacist's role in maintaining public health (Saristiana, Y., 2023). Moreover, these activities can serve as a tool to reunite IAI members who may have been separated during the pandemic and reconstruct the necessary communication networks for information exchange and updates related to the pharmacy profession.

Understanding the post-COVID-19 background and the significance of cycling activities as a community service strategy, the goal of this journal is to document the positive impact and tangible contributions of the "Pharmacists' Cycling Initiative" in building strong relationships and enhancing health awareness within the IAI Community. With a deep understanding of this context, it is hoped that this journal will provide valuable insights for the development of pharmacist policies and practices that are more adaptive and responsive to post-pandemic challenges.

IMPLEMENTATION AND METHODS

Implementing the "Pharmacists' Cycling Initiative" in an effort to strengthen relationships and increase health awareness post-COVID-19 within the Indonesian Pharmacists Association (IAI) Community involves a series of specific steps and stages. The first step is to seek support and approval from the IAI leadership as an initial measure to ensure official support and smooth execution of these activities.

After obtaining approval, the next step is to plan the route and schedule of cycling activities. The route selection should consider safety, comfort, and participant interests while adhering to applicable health protocols. During this stage, effective communication with participants becomes crucial, including announcing activity details, participation requirements, and expected benefits.



Picture 1. Check the Bicycle and Safety Equipment

The event took place on December 22, 2023, coinciding with the celebration of Mother's Day. Participants gathered at the designated starting point for the bicycle route, and the event began with an official opening. Each participant was provided with a unique identification, such as an identification number or a shirt with the event logo, to facilitate coordination and group identification. During the cycling activity, participants had the opportunity to interact, exchange information, and build communication networks. This moment was also utilized to convey messages about the importance of the pharmacist's role in post-COVID-19 public health and to increase health awareness among IAI members and the general public.

After the cycling activity concluded, an evaluation session was conducted to assess the success and gather feedback from participants. Documentation results in the form of photos and videos could be utilized to publicize the success of the event and encourage participation in similar activities in the future. The overall process aims to create a positive experience, strengthen relationships among IAI members, and enhance health awareness in the context of the ever-changing pandemic.

RESULTS AND DISCUSSION

In an effort to recover and strengthen bonds while increasing health awareness post-COVID-19 in the Indonesian Pharmacists Association (IAI) Community, a cycling initiative involving several steps and stages was implemented. In the initial phase, obtaining support and approval from the IAI management was a crucial step to ensure official endorsement of this activity.

After obtaining approval, the next steps involved planning the route and schedule for the cycling activity, taking into consideration factors such as safety, comfort, and participant interests, while still adhering to applicable health protocols. Choosing December 22, 2023, as the event date was not only aimed at utilizing the Mother's Day commemoration but also providing an opportunity to celebrate the occasion through entertaining and meaningful activities.



Picutre 2. Taking a Group Photo During the Cycling Activity

The process of taking a group photo during the cycling activity involves gathering participants in a designated area, arranging them in a visually appealing formation, and capturing the moment. Typically, this occurs at a key location along the cycling route or at the conclusion of the activity. Participants are often guided to position their bicycles in an organized manner or may park them in a way that showcases a sense of unity. The coordination of this process ensures that everyone is visible in the photo and contributes to the overall aesthetic.

The actual capturing of the photo involves a designated photographer or a participant using a camera or smartphone. This person may instruct participants on where to look, how to pose, or may capture candid moments of the group. The goal is to capture the spirit of the cycling event, the camaraderie among participants, and the sense of achievement. After taking the photo, it can be shared immediately with participants, or it may be collected for later use, such as inclusion in event documentation, social media posts, or promotional materials. The group photo serves as a visual representation of the collective experience and fosters a sense of community among the participants.

During the cycling activity, participants will be provided with unique identification such as an identification number or shirts with the event logo to facilitate coordination and group identification. Interaction and communication among participants are expected to actively occur during the cycling activity, providing an opportunity to strengthen relationships within the IAI Community and convey messages about the pharmacist's role in post-COVID-19 public health. The evaluation session conducted after the activity aims to assess its success and gather feedback from participants, while documentation results such as photos and videos are intended to publicize the achievements of the activity and encourage participation in similar events in the future. The overall process is directed towards creating a positive experience, reinforcing relationships among IAI members, and increasing health awareness in the context of changing dynamics post-pandemic. By integrating social and health aspects, the "Pharmacists' Cycling Initiative" becomes a holistic strategy supporting pharmacists as positive agents of change within the community.

CONCLUSIONS AND RECOMMENDATIONS

CONCLUSION

The "Effective Strategies to Boost Immunity Post COVID-19 Through Mindful Cycling Exercise" the crucial role of pharmacists in addressing the challenges posed by the COVID-19 pandemic. The "Pharmacists' Cycling Initiative" emerges as a creative and holistic response to the post-pandemic scenario, aiming to rebuild relationships, enhance health awareness, and strengthen the community bonds within the Indonesian Pharmacists Association (IAI).

Through cycling activities, participants actively engage in fostering connections, exchanging information, and building communication networks. The initiative not only serves as a means to restore disrupted social connections but also contributes to conveying vital messages about the pharmacist's role in post-COVID-19 public health. The implementation and methods employed in organizing the cycling initiative demonstrate careful planning, prioritizing safety, effective communication, and adherence to health protocols.

The event, conducted on December 22, 2023, strategically coincided with Mother's Day, providing an opportunity for participants to celebrate the occasion through entertaining and meaningful activities. The process of capturing a group photo during the cycling activity becomes a significant aspect of documenting the positive experiences and achievements, serving as a visual representation of the collective spirit and camaraderie among participants.

RECOMMENDATIONS

1. Sustain and Expand Initiatives: Encourage the continuation and expansion of the "Pharmacists' Cycling Initiative" as an effective strategy for community-building, relationship strengthening, and health awareness promotion.
2. Communication Enhancement: Emphasize the importance of effective communication in organizing future cycling activities, ensuring clear dissemination of information, participation requirements, and expected benefits.
3. Incorporate Educational Components: Integrate educational elements into cycling initiatives to further emphasize the pharmacist's role in public health, fostering a deeper understanding among participants.
4. Leverage Digital Platforms: Utilize digital platforms for documentation purposes, such as sharing photos and videos on social media, to enhance visibility, encourage participation, and celebrate achievements.
5. Periodic Evaluation: Conduct periodic evaluations of cycling initiatives to assess their impact, gather feedback, and identify areas for improvement, ensuring continuous adaptation to post-pandemic challenges.

By implementing these recommendations, the "Pharmacists' Cycling Initiative" can continue to serve as a dynamic and adaptive strategy, positively influencing the IAI community and contributing to the broader public health discourse post-COVID-19.

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The presence of photos from the Alumni Group of Koti S1 and Pharmacists adds a richer and deeper dimension to the cycling experience. Each image they contribute becomes a valuable visual trace, capturing the highlights of togetherness, spirit, and interaction among participants in every phase of the activity. These photos not only serve as visual mementos for participants but also act as a means to share joy and enthusiasm with other community members.

The involvement of the Alumni Group of Koti S1 and Pharmacists in contributing these photos illustrates a solidarity and strong support for community activities. Such collaborations not only create beautiful digital footprints but also strengthen the bonds among alumni and current community members. As an integral part of documenting the activities, these photos will be silent witnesses to the camaraderie, sense of family, and shared spirit that all participants strive to achieve.

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