

MAINTAINING PHYSICAL HEALTH DURING COVID-19

“Take care of your body. It’s the only place you have to live” – Jim Rohn

FREE HEALTH RESOURCES

Apps

- [Noom](#) – gradually promotes a healthier lifestyle
- [MyFitnessPal](#) – Tracks calories and energy output
- [AllTrails](#) – walking/hiking trails near your location
- [Strava](#) – track your walks/runs/rides, see routes of others, and log miles
- [7 Minute Workout](#) – quick, heart-pumping activities in short spurts
- [Nike+ Running/Workout](#) – free apps with guided running and workout videos

30-Minute Workouts

- Heather Robertson YouTube channel – HIIT Training, no equipment
https://www.youtube.com/results?search_query=heather+robertson

Zumba for Beginners (10-minute workouts)

- https://www.youtube.com/watch?v=9_MxwQw10RI

Yoga (30-minute, beginners)

- https://www.youtube.com/watch?v=dOvjT3ZSUBA&feature=emb_err_watch_on_yt
- https://www.youtube.com/watch?v=No2u_Dq_9ho

Yoga (all levels, 30 and 60-minutes)

- <https://www.youtube.com/watch?v=g13nVd7OLYs>
- <https://www.youtube.com/watch?v=9ZRvdbG54H4>

Yoga for/with Kids:

- <https://www.youtube.com/user/CosmicKidsYoga>

Stretching – 15-minute, full body

- https://www.youtube.com/watch?v=xCKrZH_n14w

Cost-Saving tips on Healthy Eating:

- <https://www.healthline.com/nutrition/19-ways-to-eat-healthy-on-a-budget>

Healthy Recipes

- <https://www.delish.com/cooking/recipe-ideas/g3733/healthy-dinner-recipes/>
- <https://www.foodnetwork.com/healthy/packages/healthy-every-week/quick-and-simple/healthy-dinners-in-40-minutes-or-less>

GET MOVING!

The World Health Organization recommends 150 minutes of physical activity a week. This can break down to 30 minutes, 5 times/week.

- *Running, biking, walking, cardio or strength-training exercises*
- *Gardening, cleaning*
- *Playing with kids; Have a DANCE PARTY!*
- *Zumba!*
- *Yoga, Pilates*
- *Break down into smaller chunks – 15 minutes, twice a day*

NUTRITION

Eating healthy during times of uncertainty is key.

- Limit takeout orders, or choose healthier takeout options
- Try healthier recipes (incorporate leafy greens and fruits)
- Buy canned or frozen fruit and vegetables
- Cook in bulk and save or freeze leftovers
- DRINK WATER! Half your body weight in ounces of water.

REST AND SLEEP

- Try to get 8 hours of sleep per night. Avoid screen time for about 30 minutes before bed, to help you fall asleep more quickly.
- Take days off! It is essential you take time to take care of yourself.

