



5 Tips to Stay Healthy During Stay at Home Orders

1. **Eat Healthy:** What does eating healthy mean? In one sentence, “Eat mostly vegetables in a wide variety, eat lean proteins mostly fish, enjoy healthy fats for flavoring, and do not eat any processed foods especially sugar.”
 - a. If you follow this prescription, it’s difficult to overeat because of all the fiber, vitamins, minerals, and phytonutrients and it will be an incredible boost for your immune system.
 - b. **A New Recipe:** Find a new recipe to make every day or 5 days a week. You can get 100s of them online.
 - c. **Have your kids help you with cooking:** They can learn how to do everything from boil water, to safely get things in and out of the oven, to knowing how to measure a tablespoon of an ingredient. As they get more involved with the process they will enjoy eating the food more as well.
 - d. **Food services:** If you are not much of a cook or struggle with different recipes you can try out a food service like [“Hello Fresh”](#) or [“Freshly”](#), where they deliver the food and all its ingredients, you just have to actually prepare the meal.
 - e. **Buy a new kitchen appliance:** We love our Instapot pressure cooker and do all kinds of things in it but our newest kitchen appliance is an air Fryer. Research a new appliance and find some new meals you can make with it.
 - f. **Maintain your eating routines.** Now that you are home all the time, the tendency is to get off track when you eat and just snack throughout the day. You are always going by the pantry and eating crackers and processed foods..well stop it. Try to maintain a schedule. You are only eating because you are bored. Plan out your meals so that the family is all together for breakfast, lunch, and dinner and make it social as well. When you are done eating, leave the table and don’t eat again until you come back to the table for you next meal.
2. **Move every day-** Just like people are having to find a separate space to work from home, I would recommend setting up a separate space that is your workout area. It could mean cleaning up your garage and having a space there or cleaning out a bedroom and making that a workout room. This does not mean you have to have a lot of equipment because you can get an excellent workout doing body weight movements. The benefit of so many people being stuck at home is there are all kinds of online workouts that you can access for free right now. Get online and get some!

- a. **Use a clock:** The best workout partner you can have right now might be a clock. Use a clock or timer to keep you moving when you are working out by yourself. Set your phone timer to beep every minute and then do squats for 30 seconds, rest for 30 seconds, when the clock beeps, do push ups for 30 seconds, rest for 30 seconds, next beep do sit-ups for 30 seconds...you get the point.
 - b. **Get your family involved:** Make it a P.E. class for the whole family but make it fun. Play 4-square with your kids. Shoot hoops or play frisbee. The point is everybody will get a big benefit from moving and being social.
3. **Learn something new every day:** This could be as simple as reading for 30 minutes to an hour or you could even take this time to learn a new language or learn how to do something else like play the guitar. What have you been putting off for months or even years because you are always too busy? Now is the time to learn it!
4. **Connect with others:** This could simply be with your family members that you do not get to see as much because you are always running around to practices and work and different events.
 - a. **Virtual Happy Hour:** A couple weeks ago we did a family happy hour and we had 15 or 16 family members on a Zoom call that spanned 4 different states. Crack open a beer or some wine and get caught up with your family.
 - b. **Family Game Time:** Our family has been playing a lot of games and we have been learning new card games as a family. Last night we learned progressive Gin Rummy and the kids started out not liking it because of all the new things to learn but by the end they were having a blast.
5. **Reduce stress:** This is one I often forget about and don't do in my own life but since our schedules and life have been altered so much in the past several weeks, it has become a priority again. SLEEP, that has been my stress reduction and I feel great.
 - a. **Reading or listening** to books.
 - b. **Movement:** Try Yoga or Tai Chi, they are both great stress reducers and I always feel better after I exercise from all the positive hormones.
 - c. **Meditation:** There are several apps out there to help you with that and most of them are free or have a 7 day free trial.