Fitness & Nutrition During COVID-19

Sodexo Health & Well-being 2020
Prioritize Daily Exercise

- Exercise increases endorphins which are the “feel good” neurotransmitters in the brain
- It helps lower anxiety and increase ability to sleep
- Find meditation in your motion
Activities

Indoor Activities
• Put on music and walk briskly around the house or up and down the stairs for 10-15 minutes, 2-3 times per day
• Dance to your favorite music
• Jump rope
• Do an exercise video
• Use home cardio machines

Outdoor Activities
• Spending time in nature may enhance your immune system
• Walk or jog outside (avoid other people)
• Go for a bicycle ride
• Garden and do lawn work
• Play active games with your family
• Be sure to wash your hands when you go inside

Strength Training

- Download a strength workout app
- Do a strength training video
- Perform yoga – deep breathing and mindfulness can reduce anxiety
- Find ways to do simple muscle strengthening exercises such as:
  - Squats or sit-to-stands from a sturdy chair
  - Push-ups against a wall, the kitchen counter or the floor
  - Lunges or leg step-ups on stairs
- Check out Sodexo’s H&WB Breaks and Mindful Ambassador Faisal workout videos

Get Fit with Faisal Here

What Foods Should You Eat?

- Eat during your normal meal times
- Fresh, frozen and canned foods are all ok
- Focus on eating whole grains, fruits & vegetables, proteins and healthy fats
- Don’t let the food be another source of stress—eat what you have available
- Set meal and snack time for kids as well

Note: Stay away from supplement companies trying to capitalize on this virus to sell products.
Other Recipes and Info

Unexpected Pantry Staples
6 Herbs and Spices that Boost Health
Cooking With Your Family