Focus on Your Holistic Health During Quarantine

1. Regular Exercise
   a. How to get the most out of your exercise routines during a global pandemic
   b. Exercises you can do from home

2. Preserve your Mental Health
   a. See how keeping a strong routine can make all the difference for your new work-from-home schedule
   b. How to tune in to your daily life, even from home, and how it helps to fight off cabin fever

3. Healthy Eating Habits
   a. Learn why healthy eating habits are important now more than ever
   b. Find new healthy eating recipes to try while social distancing

What HP is Doing:
- Our facilities are closed until further notice
- Our upcoming events, health screenings, and blood drives, are cancelled in response to COVID-19
- We are continuing our personal training services online.
- We are committed to promoting ways to stay happy and healthy through this chaotic time.
  - Keep an eye out for our daily Facebook posts!
- We are implementing a 3-Week incentive program that our participants can follow along with from home:
  - April 6 - May 8

Stay Connected Through:
530 RIVERS STREET, 12 VARSITY GYM
(828)262-6314
HEALTHPROMOTION.APPSTATE.EDU
As gyms all across the country are closed for an extended period of time, many are scrambling to figure out how to continue their weekly hardcore workouts. Some however, might be planning to take a break from their regular exercise routines, entirely. Experts advise that neither of these options are recommended during an outbreak.

Studies have shown that over-working your body, and under-working your body during an outbreak like this can put you at a more compromised risk of getting sick.

It is recommended by experts to do the "just right" amount of exercise so that your body can truly experience all of the benefits from it.

Full article can be found at: The Conversation.com

How Much Exercise is Just Right?
Here are some guidelines based on just the right amount - for most people
- Mild - Moderate exercise (20 - 45 min), up to 3 times / week
- Strive to maintain (not gain) strength or fitness during quarantine period

How Much Exercise is Too Risky?
- Do not exercise past exhaustion, as it increases risk of infection, common for marathon runners.
- Do not exercise if you are experiencing any flu-like symptoms
- Do not exercise more than 5 days a week

Put me in Coach!
Below are some recommended Total-Body exercises you can do from home to stay physically active. For questions, feel free to contact our Exercise Coordinator, Stephanie McDaniel at mcdanielsteappstate.edu

For Beginners: Click to follow link
- total-body-strength-for-beginners-heres-how-to-get-started-
- workouts/strength-training-beginners
- strength-training-plyometrics
- full-body-strength-workout-for-beginner-weight-lifters

For Intermediate: Click to follow link
- intermediate-total-body-strength-take-it-up-a-notch-
- intermediate-total-body-strength-and-conditioning-workout

Always consult your physician prior to beginning any exercise program. This information is not intended to replace your healthcare provider's recommendations. Consult with your healthcare provider if you experience any symptoms of weakness, unsteadiness, light-headedness or dizziness, chest pain or pressure, nausea, shortness of breath, or persistent feelings of soreness that does not improve after 2-3 days.
Get outdoors, create routines, and ask for help to maintain mental health while practicing social distancing

As families all over the country are being asked to distance themselves socially for the next couple of months, it is of the utmost importance to be diligent with preserving your mental health during this chaotic time period.

Spring is underway and everyone can use social distancing to their advantage in order to spend time taking walks, going hiking, gardening, etc.

Families are encouraged to rediscover old projects and hobbies. An excellent idea is for each member of the family to have a different "quarantine project" that they will look forward to working on everyday. Knitting, furniture restoration, redecorating, arts and crafts for kids, etc.

Keeping your mind engaged is essential for positive mental health through quarantine. Start reading a new book or pick up journaling to kickstart creativity and find an outlet for your thoughts and feelings.

Structure and routines are essential aspects of everyone's day-to-day life when learning to adjust to quarantine.

Anything you can do to promote structure, rituals, and routines at home while also taking breaks from technology, is very important.

As silly as it sounds, humans naturally like to have structure in their lives, and innately prefer it over not having structure.

Create structured days for yourself, and your kiddos and your mental health will thank you for it!

Experts advise staying connected to your normal life is also essential for promoting positive mental health during quarantine.

Use tools such as Facetime, or Zoom to stay connected with coworkers, friends, family, etc. These connections are small reminders that quarantine is temporary and normalcy awaits!

Information credited to: www.summitdaily.com
While hand washing will always be the first form of defense against getting sick, eating healthy can make a world of difference for your immune system.

Our diet is one of the most important ways we can protect ourselves from not only the coronavirus, but also from any other cold and flu viruses.

Evidence suggests that nutritional deficiencies can weaken our immune system’s ability to fight off infections. In order for our immune systems to function to their fullest potential, we must first ensure that we’re fueling our bodies with the proper nutrients to give it the energy it needs to sustain fighting off infections.

The nutrients our bodies need for effective immune function are largely found in a diet that is rich in fruits and vegetables - however, this diet must be diverse. The key is to eat as many different kinds of nutrients and minerals as possible.

Giving your body what it needs is also the ticket to kicking those unhealthy quarantine snacks to the curb. Fuel your body the right way, and it won’t crave unhealthy things to make up for the lack of nutrients its missing.

Making positive changes to your diet is something that you will obtain the MOST benefit from in the long run. However, what better time to start giving your body what it needs, then when we’re fully depending on our immune systems to keep us healthy?

RECOMMENDATIONS FOR HEALTHY RECIPES
Click on recipes names for full ingredient list and instructions

**Eat the Rainbow:**
- Sheet Pan Chicken and Rainbow Vegetables
- Chicken Stuffed Peppers

**Kid-Friendly:**
- Berry Poptarts

**Easy / Quick Recipes:**
- Slow Cooker Turkey & White Bean Chili
- Pizza
- Hummus
- Nut Butter Fruit Dip
- Vegetable Ramen Pad Thai