

# Resources to Support Healthy Living During COVID-19

## Exercise

While your gym may be closed, this doesn't mean you can't continue to find ways to get in some daily movement. Here are some resources for at home workouts, many of which are offering free workouts at this time:

- [Sun and Moon Yoga Studio](#) is offering free videos and live-streamed classes on their YouTube Channel
- [Radiance Yoga](#) is offering free online classes
- [Planet Fitness](#) will be offering free, 20-minute workout sessions via Facebook Live daily at 7 PM
- Orange Theory Fitness is offering free daily workouts that can be found via their [website](#).
- The [Peloton app](#) is offering a 90-day free trial, no credit card sign up required. You do not need Peloton equipment to participate in the workouts.
- [Down Dog Apps](#): offering free use of all of their fitness apps until May 1. They offer yoga, HIIT, Barre, and 7 minute workout apps.
- [Core Power Yoga](#): offering free pre-recorded classes ranging from 30-60 minutes via its On Demand platform
- [Gold's Gym](#) is offering free access to its app GOLD'S AMP until the end of May, which comes with more than 600 audio and video workouts. To enroll, go to their website for more information and the promo code.

## Stress-Management

You may be experiencing increased stress due to the unprecedented nature of our current situation. Here are some apps and resources that you may find helpful.

- **Dailyo**: Helps to set daily goals and will remind you. Allows you to process how you feel that day and write in a journal.
- **Headspace**: Helps with guided imagery/meditation and allows you to write about and process difficult thoughts/feelings.
- **I Am**: Helps with positive affirmations and allows for pop up reminders of selected affirmations.
- **Woebot**: Virtual "personal life coach" to help think and feel better.
- **Toobee**: Positive affirmations and reminders as pop-up notifications to remind you of the affirmation at a frequency that works for you.
- **Calm**: Offers meditations and mindfulness resources
- **Insight Timer**: Free app offering 40,000 free meditations, as well as relaxing music tracks

- **Try different activities at home that you enjoy such as** jigsaw puzzles, taking a bath, painting your nails, adult coloring books, knitting, going for a walk (as long as you can practice physical distancing), or reading a book
- **Schedule virtual social get-togethers** with your friends and family to stay connected.

## Healthy Eating

The crowded grocery stores and empty shelves may feel stressful and overwhelming, especially if already don't enjoy grocery shopping. Here are some tips and resources to help support healthy eating during this time.

- If you are at high-risk or are unable to get the items you need, consider reaching out to family or friends to see if they can assist with getting some items. Arrange a non-contact drop-off at your home.
- Meal delivery and grocery delivery services are another option, however many of these options are filling up as well.
- Some grocery stores are offering special hours for seniors. Check out your grocery store's website or call them to find out if they are participating.
- You may be having trouble finding certain foods on your list at the store. Be flexible during this time. For example, if you are having trouble finding fresh chicken breasts, try looking for frozen chicken breasts or low sodium canned chicken.
- Don't panic buy. There is no need to completely clear out the grocery shelves. Stock up on enough food to get you through 2 weeks. Here are some great healthy items to stock up on at the store:
  - Canned goods: low sodium/no salt added beans or vegetables, fruit canned in 100% juice or water, tuna, salmon, sardines, chicken, low sodium soups or broths
  - Dried goods: dried beans, brown rice, quinoa, whole wheat pasta, bean pastas, no sugar added dried fruit
  - Frozen foods: frozen vegetables, frozen fruits, chicken breast (not breaded), fish (not breaded), shrimp, healthier frozen meals
  - Nuts and nut butters
  - Whole wheat bread or whole grain cereals. Bread can be frozen to prolong its shelf life.
  - Protein powders and ready to drink shakes