

## Staying Well

Wellness generally focuses on eating right, exercising and getting quality sleep. During a pandemic like COVID-19, these focus areas are even more crucial, but social distancing can complicate things. Here are nine simple tips to stay well during this unprecedented time.

1. Clean your steering wheel. A study by Expedia revealed a whopping 44% of people don't clean common things like their steering wheel, phone and purse or wallet.
2. Go outside. Challenge yourself to get five walks/jogs in the next two weeks. Make a chart and stick to it.
3. Utilize freebies online. <https://watch.lesmillsondemand.com/at-home-workouts>
4. Eat better foods. Cut up veggies and eat them every day. Keep high protein, low carbohydrate snacks on hand like cottage cheese, celery & peanut butter, portioned nuts and cheese, hard boiled eggs, salmon, tuna, Greek yogurt and berries.
5. Drink 64 ounces of water per day. If you're exercising, shoot for 80 ounces.
6. Stay in touch. Call your parents, children, and friends weekly.
7. Read for 10 minutes a day.
8. Pick one area to declutter in your home. Write the goal down, give yourself a time-line and see it through.
9. Write three gratitude's every day. Start a journal or grab a notebook, it doesn't have to be fancy. Start today.

Thank you to all who are playing their part during this time, you're truly incredible. We are in this together.