

STAYING FIT AT HOME

STAY POSITIVE

During these uncertain times, we don't have control over a lot of things now, but we always have control over our mindset! Keep it positive!

STAY CONNECTED

1. Be sure to stay connected with friends & family via the telephone or video calls. Check in to see how those around you are doing.
2. Be sure to watch the news to stay informed and up to date with the newest guidelines; but don't let it take up all of your day-this can turn into increased fear and excessive worrying.

KEEP ACTIVE -BODY & MIND

1. Take advantage of the nice spring weather and go for walks outside.
2. Try doing a little cleaning in your home; try cleaning a room a day
3. It will soon be time to start getting outside and gardening!
4. Be sure to keep moving throughout the day, at least every hour for 2-5 minutes.
5. Keep your mind active with puzzles, word searches, crosswords, Sudoku, reading, learning a new language, listen to music, etc.
6. Cook something you haven't tried before!
7. Start a new craft or hobby-sewing, knitting, etc.
8. Stay hydrated!-drink water throughout the day

CONSISTENT MORNING ROUTINE

Our schedules have changed, but we can still maintain our morning routine. Here are a few tips to include:

1. Wake up at the same time everyday.
2. Take the first hour of your day for yourself. This could be anything from journaling, meditation, going for a walk, reading a book, working on your goals, etc.
3. Daily gratitude. Write down 5 things that you are grateful for everyday. When we are looking for things to be grateful for, we can find joy in the smallest of things.
4. Get showered & dressed just like it was a normal day. Dress how you want to feel!
5. Eat breakfast, and have your morning coffee/tea in peace.
6. Add anything else you do in the morning.

BE GRACEFUL WITH YOURSELF

Take this time to slow down and try to enjoy the small joys in everyday!