

HEALTH

Health and Safety Priorities as the Weather Warms Up

NewsUSA



(NU) - Who hasn't heard of the "Freshman 15"? According to Nick Rizzo at RunRepeat, "the 'quarantine 15' is the new 'freshman 15.'" It refers to the excess weight gain that people experience during long bouts of isolation, stress, and reduced physical activity. Every person around the globe has been touched by the stress of 2020 in one way or another.

According to [healthychildren.org](https://www.healthychildren.org), "The ongoing stress, fear, grief, and uncertainty created by COVID-19 pandemic can wear anyone down, but children and teens may be having an especially tough time coping emotionally."

Most people know the best way to combat depression and boredom is to feed your body healthy foods and be more active.

In today's severely restricted world, there is a solution that includes eating comfort foods you love (and crave during stressful times). The Gianluca Mech Keto is based on offering the tastiest Italian keto food during ketosis to make this process easy and pleasant.

The company also offers Decottopia®, which is a five-century old method, secret of the Mech family, for extracting and storing active substances of at least 10 different plants in liquid form without the use of alcohol, sugar or preservatives.

"This will help you have a healthy ketosis and to reduce its

side effects," Mech says. "Comfort food doesn't have to be junk food."

With most schools still incorporating virtual learning, children are suffering from the lack of emotional and social interaction. Tim Murphy, CEO of Boomers Parks, which are open 25 percent to 50 percent depending on the location, says this has been a long year for children everywhere, but he is on a mission to ensure his eight parks exceed local and state health guidelines, creating an industry standard to ensure that guests and team members are protected.

Murphy not only takes this seriously, but implements this to his team members by holding daily briefings on health and safety protocols.

The COVID-19 pandemic has reinforced the importance of watching what we eat and socializing safely. The approaches of Gianluca Mech and Tim Murphy demonstrate the ability of companies to adapt to a fast-changing world. Both Mech and Murphy know the lockdown doesn't mean you have to abandon taking care of your minds and bodies.

"Look, there's no reason why healthy food shouldn't taste good," Mech says.

Adds Murphy, "We're all about unleashing fun and I want everyone to feel safe doing so."

For more information, visit www.GianlucaMech.com/en and www.BoomersParks.com.