

HEALTH

6 Tips on How to Stay Active at Home

NewsUSA

(NU) - In the past few weeks, it has become clear that social distancing and quarantining are the new normal. This is an overwhelming time as we attempt to adjust our mindsets and schedules - between working from home, watching after the kids, keeping up with the news, and maintaining sanity, it can be a challenge to prioritize your physical and mental health. Here are some tips on how to stay active in these strange and unprecedented times.

Make a plan

It's always easier to commit to a healthy habit if you make it part of your routine. At the beginning of each week, take a look at your schedule and find those windows where you could realistically squeeze in a workout. Set a reminder on your phone or even add the workout to your calendar to keep yourself accountable.

Try a meal delivery service

It may be difficult to cook healthy meals every day, especially if you can't get what you need from the grocery store. Having healthy food delivered safely to your door can alleviate the stress and hassle of cooking, plus having healthy options in the house will keep you from overeating and reaching for junk food. South Beach Diet, for example, offers fully nutritionally balanced, prepared meals and snacks that make it easy to keep your diet on track.

Take breaks from work

It can be tempting to sit around all day while you're working from home, but don't let yourself stay sedentary for too long. Get away from your workspace and move around every hour or so to get your blood flowing. This will help you to stay sharp and healthy during social isolation. If you're taking a phone call, stand up and allow yourself to pace around. Try to get up every hour and take a few steps around the house, stretch, or even do a few jumping jacks.

Stream, stream, stream

As gyms and workout studios are necessarily closed for the mo-



ment, many fitness brands and instructors are using Instagram live to hold virtual classes. If you have a favorite local studio or a favorite instructor, check out their website or social media to see if they are hosting any online classes. Many fitness brands are also offering extended free trials to access their libraries of workout videos.

Go for a walk or run

Of course, we are all limiting our trips outside to the grocery store, gas station, or anywhere else we might come in close contact with others. But if you are able to safely run or walk while keeping distance from your neighbors, those are great options for staying active, clearing your mind, and getting some fresh air.

"It's so important to find those moments of joy outdoors while we're all social distancing," says Jessie James Decker, mother of three and South Beach Diet brand ambassador. "Whatever that means for you - whether it's a stroll around the neighborhood with the kids or a long run to clear your head - you'll feel so much better if you make the time for it."

Keep your mind active

Just as our bodies need physical activity to stay healthy, our minds need stimulation (beyond reality TV binge sessions) to stay sharp as well. Group activities such as board games or puzzles are a great option for keeping your mind sharp while clocking some quality time with your family or roommates.

For more tips on how to stay healthy and active while social distancing, check out <https://palm.southbeachdiet.com>.