

Health and Wellness News

3 WAYS TO SHOP AND EAT HEALTHY DURING THE CORONAVIRUS PANDEMIC



Life has drastically changed for everyone in the last month or so. These are challenging times and many of our normal routines have been disrupted. While there is much we can't control, there are choices we can make to help support immunity and reduce the risk of getting sick. Here are three practical tips related to eating and grocery shopping:

1

Minimize trips to the grocery store. If you were used to going to buy items several times per week, it's best to get into the habit of planning ahead in order to minimize trips. Start by taking inventory of what you already have, plan meals you can make with these ingredients, and make a list of what else you need. Having a list can help reduce impulse purchases and make your trip more efficient, reducing the time in the store. Purchase what you will be using for a week or more. Be flexible since you might not find everything available. Online grocery shopping is another good option to help minimize outings.

2

Make healthy food choices. What you eat can have a significant impact on your immune system and overall health. Stock up on nutrient-dense foods that will last for a week or longer. As much as comfort foods may feel tempting right now, limit foods like chips, soda, cookies, ice cream, and other items that are mostly empty calories. Not only can this add to your grocery bill, but sugar and processed foods can weaken immunity. It's also best to go easy on frozen dinners and other processed foods since they tend to be high in unhealthy fats, salt and artificial ingredients. Aim for nutrient-dense foods that are high in vitamins A, C, D, E, zinc, and selenium.

3

Stay safe while shopping. Use disinfecting wipes to clean the grocery cart handle. Wear a mask or face covering, which is now required in most stores. Wear gloves, if possible. Keep a six-foot distance from other people. Avoid touching your face. Be sure to wash your hands as soon as you get home and after putting away your groceries.

CORONAVIRUS RESOURCE CENTER

We know this is a challenging time for you, your loved ones, and your communities. With so much rapidly changing information surrounding Covid-19 (Coronavirus), we wanted to provide you with one location where you can find the latest, accurate information surrounding this now pandemic. Visit our website to be connected with our wellness vendor to find many resources to help you navigate this trying time, as well as, links to the many other services we and other organizations have available for you. This information will be updated regularly. So, please check back often.

- General Coronavirus info to help you understand this virus and its effects
- Latest articles to help support and boost your emotional and physical health
- Coping resources such as video courses, webinars and wellness lessons
- Find essential living products in-stock near you with our Product Locator
- State-specific Covid-19 updates and a national map of drive-thru testing sites

We will all get through this together. Please feel free to visit our member site for additional resources by clicking on the orange Coronavirus button to access the resource center through our wellness vendor.

TIPS & TRICKS FOR HOME WORKOUTS

With the closure of gyms and limitations on being outdoors, keeping up with physical activity can be challenging.

However, staying active is more important than ever since exercise helps manage stress, supports immunity, and improves sleep.

Here are some ways to make exercise part of your stay at home routine.

1 Take advantage of extra time in the morning. If you're no longer spending time commuting or packing a lunch, use that time to do a workout. Getting it out of the way first thing in the morning feels great and can help with energy and mood throughout the day. However, the best time to exercise is the time you're able to do it consistently.

2 Choose or create a dedicated workout space. All you need is an area about the size of a yoga mat. Designate an area that will work well for you where you will have limited distractions.

3 Put on gym clothes. Getting into workout gear can help motivate you to workout. Unless you need to have a more professional look during a Zoom meeting, why not make gym clothes your new comfy wardrobe?

4 Remote workouts. The biggest challenge for some people is feeling motivated to workout alone. If you prefer working out with others, take advantage of the many live workouts or challenges that are being offered remotely through a variety of platforms or through gyms and yoga studios.

HEALTHY PANTRY MEALS

Since many people are struggling to find certain items at the grocery store right now, instead of a recipe this month, we have a list of simple meals you can make with pantry items.



1. Rice and beans are a great combination popular in various cultures. They offer protein and complex carbs, iron, and much more. There are various ways to prepare and season them, whether it's black beans with white rice Cuban style or pinto beans with Mexican rice.
2. Lentil soup can be easily made by combining lentils with rice, frozen or canned veggies, spices, and water or broth if you have it.
3. Tuna casserole with pasta and frozen veggies is a great comfort food.
4. Vegetable soup can be made by combining tomato sauce, water or broth, and frozen, canned or fresh veggies of your choice and your favorite spices. Add some beans for additional protein.
5. Canned salmon salad is easy to make by adding chopped veggies like celery, tomatoes, and onions to canned salmon and seasoning it with lemon juice. Eat it with crackers or on top of a bed of greens.



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