

# Staying Healthy at Home during the COVID-19 Pandemic

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# 6 Tips to Stay Healthy!

# Hydration

- Drink plenty of water throughout the day
- Drink water with all your meals and between meals
- Try infusing your water with fruits and herbs
- Try different combinations every week as you add natural flavors to your water
- Select teas with herbs that boost your immunity

\*\*\* Consult with your doctor or other health care professional on these hydration and water infusion recommendations.

# Nutrition

- Variety of vegetables in all meals
- Variety of fruits in all meals
- Beans and more beans!
- Whole-grains like oatmeal, quinoa, millet, & brown rice
- Add herbs and spices to boost immunity
- Avoid eating out (even if carry-out and delivery)
- Enjoy family cooking together

\*\*\* Consult with your doctor or other health care professional on these nutrition recommendations.

# Exercise

- Walk for 20 minutes at least once a day
- Walk and stand after sitting for 30-40 minutes straight
- Breath --- take deep breaths multiple times a day!
- Spend time outside in nature -- did you see the sun today?

# Sleep

- Aim for 7-9 hours per night
- Go to bed and wake up at the same time - routines and alarms help keep your biological clock in sync with your body
- Wind down routine? No screen 90 minutes before bed, but do listen to soft music, do some reading or writing

# Reducing Stress

- How much NEWS do you need?
- Focus your mind: music, funny videos, do some art or dancing
- Bubble bath anyone?
- Relax – do coloring, keep a journal, do puzzles
- Relax – exercise, enjoy nature, and take deep breaths
- Do you believe in a Higher Power? Then pray and meditate



# Relationships

- Keep a physical distance of 6 feet, but there is no need to isolate or feel lonely
- Instead of visits, call friends and relatives
- Use electronics and internet to connect with friends and family: FaceTime, Facebook, Messenger, WhatsApp and any other!
- Short positive connections can help boost your outlook and your immunity
- Enjoy family cooking, all together in the kitchen for fun and smiles!

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**Su Clínica**



OUR DRINKS DON'T HAVE TO BE



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#lifeissweet2k19



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