

Exercise and Nutrition

Physical activity and proper nutrition can help you stay healthy and alleviate stress. Let's discuss ways in which you can still be active at home. Meal planning and preparation can help you stay on a healthy plan. While supporting your remote learner, consider using some of the following strategies:

Physical Activity

Engaging in physical activity reduces health risks and relieves stress. With added stress for adults and children, creating time for physical activities or exercise can help alleviate stress.



Nutrition

A healthy diet is important in a self-care plan. Proper diet has been linked to emotional, physical and cognitive (thinking) health. Involve kids and family in creating healthy meal ideas.

Activity Ideas

- Spend time outdoors walking and hiking
- Use apps or sites with physical exercise
- Make a list with family members on how to stay active
- Find ways to incorporate dancing

