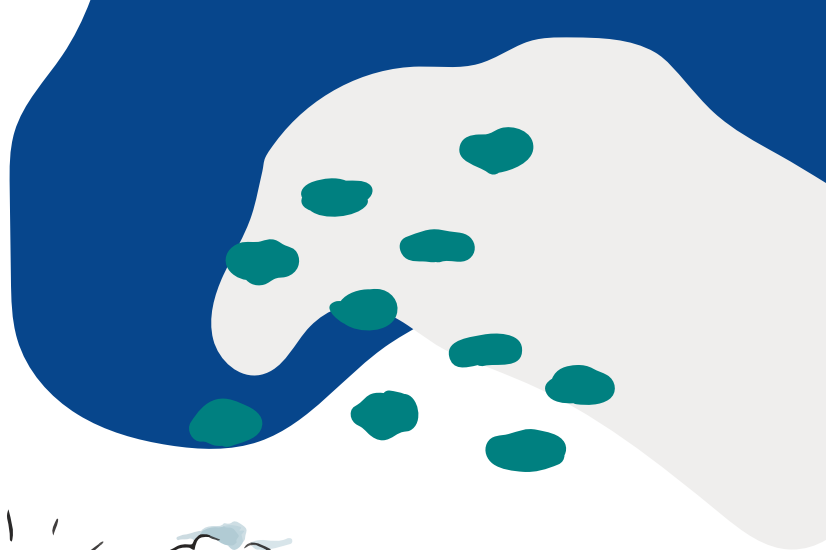




PHYSICAL WELL-BEING



Recognizing the needs for physical activity, diet, sleep, and nutrition* during COVID-19



Take a walk outside (while attending to physical distancing and any prescribed isolation rules).



Maintain your usual daily routine (wake up at the same time, shower, dress, etc.)



Try bedtime stories / night-time routines on apps like [Headspace](#) and [Calm](#).

Check out an online sleep program (e.g. [Sleepio – CBT for Sleep](#); [Kathy Somers](#); [Doze app](#)).



See if your gym is offering online fitness classes (Check out the [University of Guelph Athletics Centre's free classes](#)).

Try online fitness videos (YouTube can help) or apps. If time is of the essence, consider "mini workout sessions" (e.g. [Seven](#), a 7-minute workout app); [Workout for Women](#) app).

Check out other health and fitness apps (e.g. [Participation](#), [Centr](#), [Nike training app](#), [Fitbit Premium](#)).



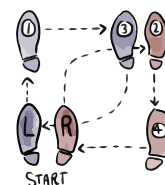
Have fun with hygiene (e.g. face masks, deep condition your hair, relaxation baths).



Hydrate!



Eat to support well-being (see this [article](#) by University of Guelph's Lindzie O'Reilly for changing limiting thinking around food).



Learn a new style of dance (YouTube can help).



Try an online yoga class (e.g. [Yoga with Adriene](#); [Gaia.com](#)).

Take a few minutes to [stretch](#) while you are working.



Check out your office ergonomics (e.g. using this [video](#)).

* [Swarbrick and Yudorf, 2015](#)