

## Wellness Activities You Can Do at Home to Keep You and Your Family Well

Dear SDSC Employees:

We realize that many of you and your families are sheltering at home, trying to do your best to be safe from the virus and keep yourselves well. Whether you are a stay-at-home or onsite employee, here are some health and fitness resources to help you and your family stay strong and healthy.

### Take Advantage of Free Health and Fitness Resources

Here are some other health and fitness resources that are available to all employees as well as their family members. Please note that some of these resources are for a limited time only (with possible further extension by the vendor beyond the listed expiration date).

Free Wellness Resources	
Wellness Resource	Description
<b>Virtual Fitness (by Wellbeats)</b> <b>Complimentary access through at least April 30, 2020</b>	<b>Available to employees and their family:</b> <ul style="list-style-type: none"><li>• 500+ high quality, 1- to 60-minute videos</li><li>• 30 channels, no equipment options, for every age, interest and ability</li><li>• Recommendation engine used to personalize and serve up content</li><li>• Goal-based challenges and fitness assessments</li><li>• Highly certified, relatable instructors</li><li>• Safe and education based</li><li>• Track progress and results</li><li>• Click here for <a href="#">free access</a></li></ul>
<b>On-Demand Yoga (by CorePower)</b> <b>Complimentary access through at least April 30, 2020</b>	<b>Available to employees and their family:</b> <ul style="list-style-type: none"><li>• Online yoga videos</li><li>• Note: Viewing works best in the Chrome browser</li><li>• Click here for <a href="#">free access</a></li></ul>
<b>Stay Healthy Tips and Recipes (by WW)</b>	<b>Available to employees and their family:</b> <ul style="list-style-type: none"><li>• Simple tips, tricks, activities, and recipes to stay healthy</li><li>• Click here for <a href="#">free access</a></li></ul>
<b>Healthy at Home (by Asset Health)</b>	<b>Available to employees and their family:</b> <ul style="list-style-type: none"><li>• Healthy at Home information (see Healthy at Home flyer)</li><li>• Click here for <a href="#">COVID-19 health and safety tips</a></li></ul>

Please let us know if you have any questions – and stay safe and well!

# Healthy at Home

## RESOURCES TO HELP YOU STAY HEALTHY WHILE SOCIAL DISTANCING



### Eating Healthy at Home

Limit the amount of trips you need to take to public spaces, such as grocery stores. Stock up on these [11 foods that you can freeze to maintain your social distancing and save money!](#)

For more specific tips and recipe ideas, check out these:

[Simple Shortcuts to Healthier Eating](#)

[Mindful Eating for Weight Maintenance](#)

[Stovetop Lentil Soup](#)

[One Pan Honey Chicken and Veggies](#)

[30-Minute Hearty Vegetarian Chili](#)

[Power-Packed Smoothie](#)

[Heart Healthy Avocados](#)



### No Gym, No Problem

Maintain your workout routine at home, no equipment necessary. Keep your body healthy and happy while social distancing. Try one (or all) of our workouts below!

[Beginner Body Weight Workout](#)

[Advanced Body Weight Workout](#)

[15-Minute Cardio Home Workout \(No Equipment Needed!\)](#)

[Yoga 101](#)

### Mental and Emotional Health

Decreased social contact and negative news can take a toll on mental and emotional health. Self-care is not selfish. Pay attention to your mental and emotional health and equip yourself to boost your resiliency and be there for others in their times of need.

[Self-Care Isn't Selfish](#)

[Your Wellness Wheel - Balance Is Key](#)

[Positive Stress Management Techniques](#)

[Building Emotional Intelligence](#)

[Ready, Set, Meditate](#)

[Be Here Now: The Benefits of Mindfulness](#)

[Mindfulness Resources](#)



### Working From Home? Check Out These Tips

[Working From Home Productivity Tips](#)