

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](#)



Working From Home? Check Out These Tips

[Working From Home Productivity Tips](#)



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](#)