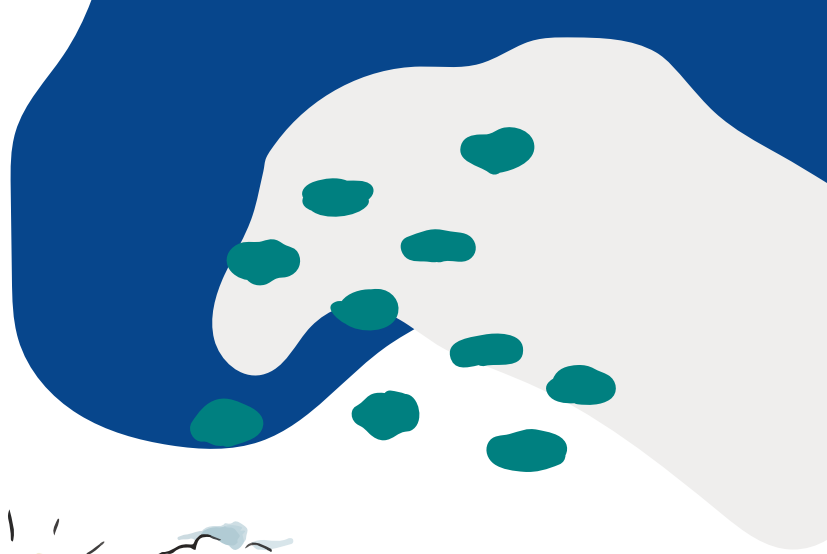




# PHYSICAL WELL-BEING



## 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.)



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



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](#)).

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](#)).



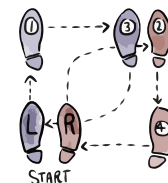
Have fun with hygiene (e.g. face masks, deep condition your hair, relaxation baths).



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).



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



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

\* [Swarbrick and Yudorf, 2015](#)