

January
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Minion

Nutrition and Wellllness Weekly Newsletter

Over the last year, things have changed due to the pandemic. Our lifestyle was disrupted and may have led us to curtail activities, binge on comfort food and reduce the amount of exercise. Here are some tips on coping and moving past all of this.



Dietary Tips

- ❖ While working from home or doing schoolwork, have a set scheduled mealtime just as you would if you went to school or work
- ❖ If possible, do not setup your work area near the kitchen or refrigerator
- ❖ Try not to fill your cabinets with junk food
- ❖ Prepare nutritious meals and snacks in advance
- ❖ Reach for fruits and vegetables to keep you full longer



Exercise not only changes your body, it changes your mind, your attitude and your mood

Exercise Tips

- ❖ Create and write down a workout schedule, start with 20 minutes a day, 5 times a week
- ❖ Increase exercise each week by 5 minutes
- ❖ No gym equipment, no problem
- ❖ Do aerobic and resistance exercises at home
- ❖ Run in place, go up and down the stairs, jump rope, squats, push-ups and sit-ups are all great exercises to stay in shape without equipment

