



STRONGER U
NUTRITION

THE ULTIMATE
**STAY-AT-HOME
HEALTH GUIDE**

Tools to reduce stress

Routine worksheets

Fitness tips

Nutrition ideas



SETTING THE COURSE

We are living in unprecedented times. That's not news to any of us. Everyone has seen their normal routine thrown out the window and we're all learning how to navigate that. While the unknown can be scary or stressful, the unknown still presents an opportunity to practice tools that help us manage stress. One of the most effective tools you can use in all settings?

REFRAME YOUR MINDSET

Each and every decision is an opportunity to stop, think, and reframe the situation to find an opportunity for improvement.

01

HOME

Spending more time at home? That's more time you can spend reading, learning, or creating lasting memories with your family.

02

EATING OUT

Restaurants closed? That means this is a chance to control your food intake more closely than you might have in the past.

03

MEAL PREP

You now have an opportunity to practice your skills in the kitchen and get creative with new and different meal ideas.

It's okay to feel unsure or stressed about what is to come. For many of us, our traditional choices and plans might not be so easy to follow anymore. Remember that each choice is an opportunity to take care of our future selves.

A man with glasses and a beard, wearing a brown sweater and grey pants, is sitting on a bed. He is looking at a laptop on his lap and holding a white mug. The background shows a wooden headboard and a framed picture on the wall.

WE'LL

A close-up shot of two hands cupped together, holding a large quantity of fresh raspberries. The background is a soft, out-of-focus red and white pattern.

NAVIGATE

A person's feet and lower legs are shown in a bathtub filled with white foam. The person has a tattoo on their right arm. The scene is brightly lit, suggesting a relaxing bath.

TOGETHER

PRIORITY MATRIX

Instead of stressing about the unknown, place the things you can control into the matrix below to feel instant calm.

HIGH PRIORITY

LOW PRIORITY

IMPORTANT

DO FIRST
ex: family health

SCHEDULE
ex: errands

NOT-IMPORTANT

DELEGATE
ex: household chores

POSTPONE
ex: vacation



BACK TO BASICS

When times are complicated, one of the most helpful things we can do is simplify other areas of our life. This is especially true when it comes to our food choices. Being at home more regularly means that our food choices can become much more straightforward.

01

PORTION CONTROL

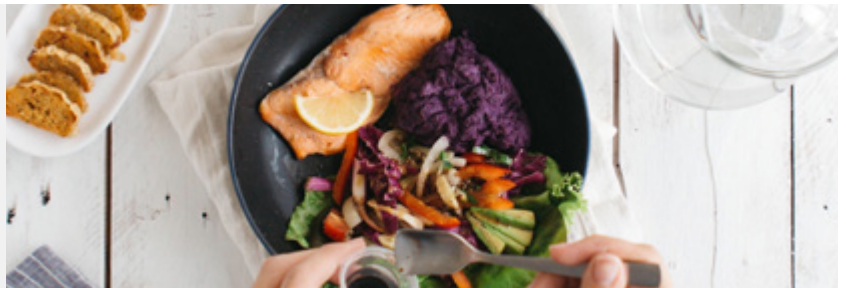


Practice portion control and be mindful about how you're building a plate.



02

LEAN MEAT + VEGGIES



Prioritizing lean protein and vegetables will never go out of style. We particularly love chicken. [Try this recipe](#) to get both recommendations!

03

SNACKS



Take a look at your snacking habits. Are you mindlessly snacking during the day? That's an easy place to look at your behaviors and identify areas where calories are sneaking their way into your day.



ROUTINE

Similar to the security that comes from the basics, a sense of routine helps to ground us. It provides us with stability when it doesn't seem like there is any.



PLAN IT

Routine is what anchors us -
When we have a consistent plan, it's much easier to follow through on.



CLOCK IT

Set consistent meal times -
Try to eat breakfast, lunch, and dinner at regular times.



PREP IT

Even if the foods you're prepping are different, you can still keep a consistent and regular meal prep routine.

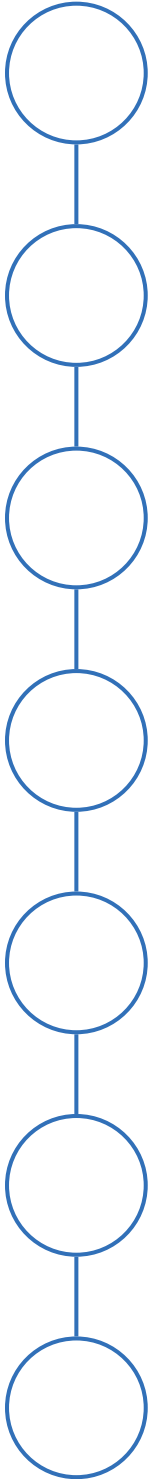
Use the next page to create your new healthy routine.



Spending more time at home is an opportunity to audit our current routines. Think about how your day is currently structured. Identify areas that you'd like to improve that structure. Remember: you don't have to have the perfect routine, and it's okay to shift our routines. This is all a matter of practice, and the more we practice various routines, the more likely we are to find one that is in-line with the nature of our life and allows us to perform at our best.

ROUTINE WORKSHEET

Use this worksheet to create your new routine. Remember: you don't have to have the perfect routine, and it's okay to shift our routines. This is all a matter of practice, and the more we practice various routines



Seven sets of horizontal lines for writing, corresponding to the seven circles in the diagram.



**EVEN WITH
SOCIAL DISTANCING
YOU CAN STILL BE
SOCIAL**

MOVEMENT

Consistent movement matters not only because it's a way to take care of ourselves, but it helps keep positive momentum on our side. This is a perfect chance to practice the reframing.

BODYWEIGHT

Gym is closed? This is an opportunity to practice technique with bodyweight movements. Some of our favorites are burpees, bear crawl, squats, lunges, push-ups, and jumping jacks.

STEPS

Walking isn't only a good way to manage stress, it's an easy way to ensure that you're moving your body regularly, decreasing risk of heart attack, and increasing your dopamine levels.

OUTDOORS

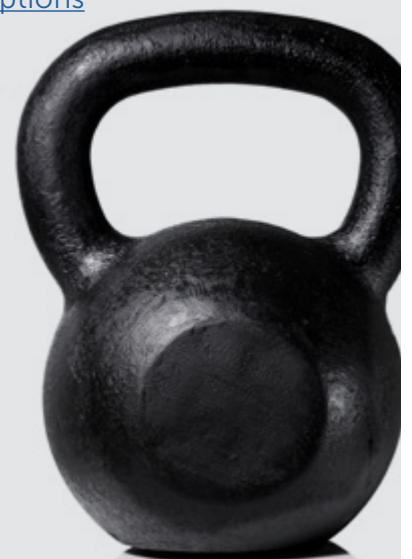
A perfect opportunity to get creative! You can do bodyweight workouts at home, run outside, workout outside, or pick up a new hobby like grilling. Or take this opportunity to work on spring chores, like picking up your dog poop.

FREE RESOURCES

Need help getting creative? We got you! Check out these free workout resources:

- [YouTube](#)
- [Facebook](#)
- [Pinterest](#)
- [Other options](#)

Newton's first law of motion states that an object in motion stays in motion. That's not only a fundamental law of physics, but it's a truth that applies to us as well. Just because we're at home and our routines are dramatically altered doesn't mean we have to stop everything we're doing. We can still keep moving and working towards whatever goals we might have.





IT'S TIME TO GET CREATIVE

Our lives are all changing as we feel the effects of this global pandemic. It's impossible for any of us to know what the immediate future will hold or to know what our lives will look like a week, two weeks, or a month from now. But the consistent theme to keep in mind as we all navigate the unknown is that this is a chance to be creative. Just because our lives are different doesn't mean that we have to press pause on our goals.

WAYS TO STAY SANE



- Get outside breath in the fresh air
- Write down three things you're grateful for
- Read a new book
- Turn off all electronics and do yoga
- Go to bed early
- Take some photos
- Envoke a quiet time if you need a break
- Watch funny videos on Youtube
- Make a vision board
- Drink a glass of lemon water
- Do a quick 10 minute workout
- Make popcorn and have a movie night
- Use a face mask

So take care of yourself. Look out for the health of your mind and body through the actions you take. Be creative in those actions. Reframe every situation you can as an opportunity to improve. Take things one decision at a time, one day at a time. We will get through this. And when we do, we can rest on a stronger foundation of health-supporting habits than ever before.

