



COVID-19
HEALTH
AND
FITNESS
SURVIVAL
GUIDE

TAKE CONTROL!

It happens to the best of us...

You're in the midst of a stressful situation...and then it happens. All you want is to survive this and get back to normal life again...

But standing in your way is an uncontrollable craving. It comes out of the blue and before you know it...

You can't stop yourself from stuffing your face with your favorite 'guilty pleasure.' For some of us it's fast food...For others it's potato chips...

In fact, a recent article in the New York Times said that even Spaghetti-O's are flying off the shelves these days... But no matter which 'poison' you choose the story is the same:

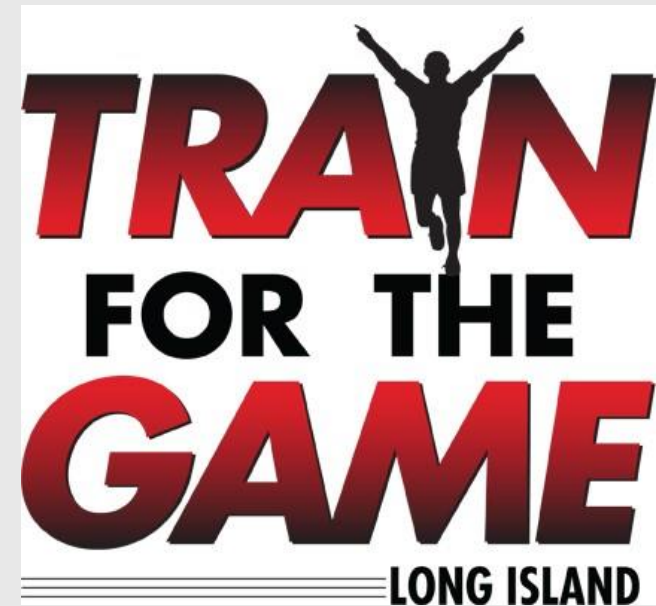
When we're stressed or suffering in any way...we reach for "comfort" foods.

The hope is that these It happens to the best of us... foods will lift our spirits or ease our pain. In that way, the promise of comfort food is the promise of relief.

Eating comfort food is an attempt at self-medication. The problem is that comfort foods are the wrong prescription.

First, they don't work. Multiple studies have shown that consuming comfort foods provide only a fleeting sense of comfort...at best. Second, they have dangerous side effects. These so-called comfort foods are linked to obesity, cardiovascular risk, diabetes, and increased risk of many cancers. That's not too comforting...

Now is the time to double down on your health.



TAKE CONTROL

It starts with a foundation of a diet loaded with nutritious anti-inflammatory foods.

And from there...include daily physical activity, healthy stress management, plenty of sleep, good times with people you care about (even if it's online).

It doesn't matter if you are 25 or 75, you can do this

It's simple...but it's not easy.

This survival guide is designed to help you get back on track.....



FITNESS

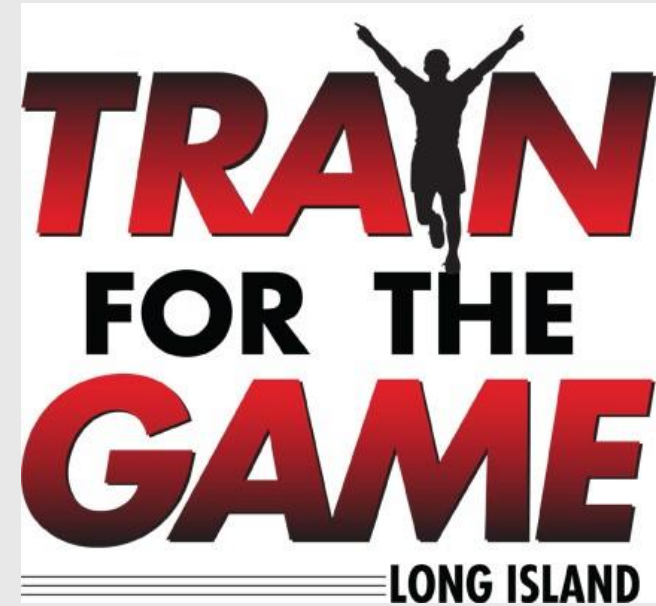
- Often, it isn't that we don't want to exercise — it's that we aren't taking the time we need to prioritize exercise. Your body needs to move for a minimum of 30 minutes, most days of the week. Get up an hour early to make sure you can get in a brisk walk or bike ride before getting involved in the day. Choose an exercise activity that you like and care for your body enough to make the time to do it. Suggestions: Yoga- Do a yoga video and learn to meditate TFTG Metabolic Classes-Take any one of our Metabolic Classes offered for FREE Monday Wednesday Friday 9:30am, Monday 6:30pm, Tuesday/Thursday 6pm Saturday 8:30am Or ask about our Zoom Virtual Strength training sessions on Monday Wednesday 5:30pm or Tuesday/Thursday 9:30am
- Getting outside more can nourish your body, mind, and soul. Research out of the University of Essex, in England, found that study participants who engaged in outdoor activities had significantly improved moods and better feelings of self-esteem after they spent just five minutes outside. Care for yourself better by taking a walk outside from time to time. Breathe in deeply and enjoy the sunshine Researchers have found that adults spend more than 90 percent of their days indoors, which means most of us are lacking fresh air and wide open spaces.



NUTRITION

- **EAT FRUITS AND VEGETABLES**

Experts differ in how many servings of fruits and vegetables we need each day. For the longest time, we thought it was five to nine servings a day. Now, research shows us that 10 servings a day are best. Care for your body well by eating a big salad at least once a day. Start with two cups of washed, organic leafy greens, then add a half cup of raspberries, one small diced bell pepper, a cup of chopped tomatoes and a half cup of dried cranberries. Boom! That's six of your recommended fruit and vegetable servings in one bowl. Add a simple dressing of balsamic vinegar, olive oil, and some spices, and you've got a truly delicious meal or if you want to keep it simple, try one of Trader Joes salad kits. We all know that vegetables are among the healthiest foods we can incorporate into our diets. Veggies are rich in all sorts of nutrients, antioxidants, water, and fiber. Studies show that a diet rich in vegetables is linked to less risk for obesity and certain chronic diseases. In 2005, author and educator Dan Buettner wrote an article in National Geographic magazine called "The Secrets of a Long Life." In the article, he identified five world regions where people were living past 100 years. Buettner labeled these regions blue zones. Buettner found that most of these centenarians in the blue zones were not strict vegetarians, but that their diets were composed of mostly vegetables. Also, these vegetable loving, 100-plus-year-old people have avoided ailments like high blood pressure, heart disease, obesity, cancer, and diabetes. In our fast-paced lives, it can be a challenge to get enough vegetables into our regular diets. Because we understand the struggle, we've created a list of some ways to eat more vegetables every day. We're not suggesting you get sneaky and try to trick yourself into eating your greens by pureeing celery into your chocolate pudding. These are just good, honest suggestions for ways to get more vegetables into your diet every day.



SUGGESTIONS ON HOW TO INCORPORATE FRUIT AND VEGETABLES INTO YOUR DIET

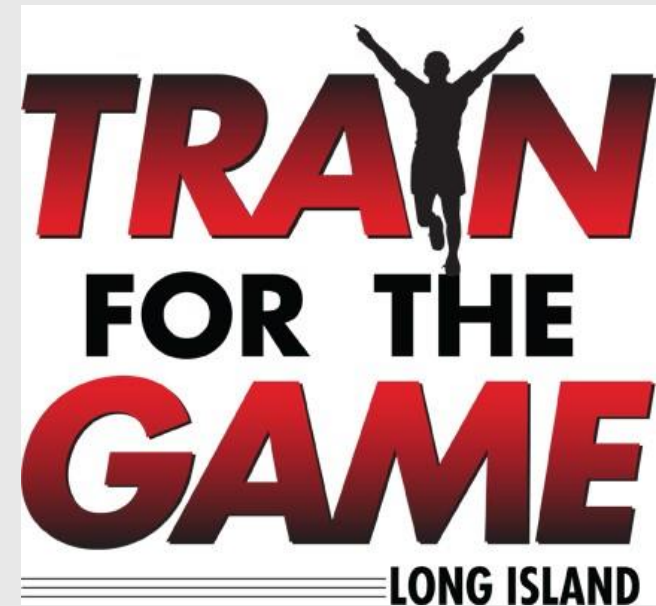
The best way to squeeze more vegetable servings into your regular diet is to start with your first meal. Eat avocado toast in the morning. Add organic chopped spinach and onions to your scrambled eggs. Serve sliced garden tomatoes alongside your morning meal. You can also chop up and roast bell peppers, potatoes, carrots, and garlic together for a type of hash. If you begin the day with vegetables on your plate, you're already on the right path toward a more nutritious diet all day.

Swap Out Linguini for Zucchini Handheld or automatic vegetable spiralizers turn your zucchini, butternut squash, carrots and yellow squash into vegetable noodles. You don't have to boil the veggie noodles. Sauté them lightly in olive oil and toss them with marinara sauce, alfredo sauce or peanut sauce for an extremely healthy alternative to pasta.

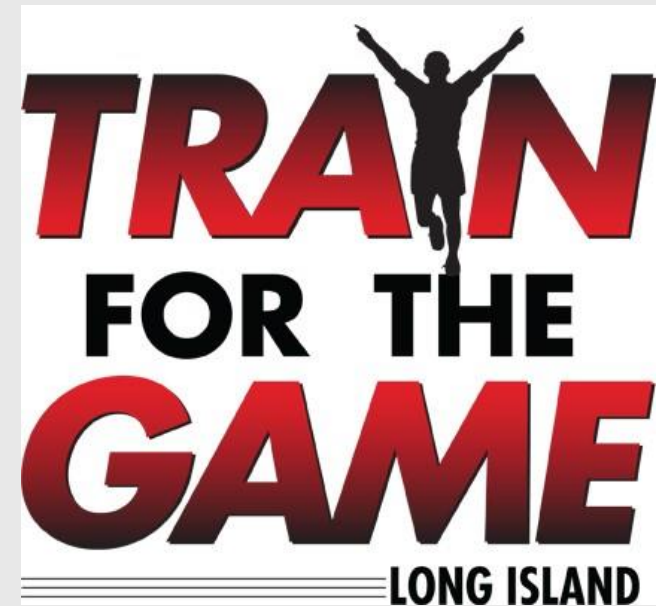
. Fill Half Your Plate With Veggies Every time you eat, fill your plate — at least halfway — with vegetables. Then, add your starches and proteins. The more vegetables, the better. If you've got them, load your plate three-quarters full of veggies for even more concentrated nutrition. American celebrity chef and restaurateur Bobby Flay also recommend this technique. Flay says, "Go vegetable-heavy. Reverse the psychology of your plate by making meat the side dish and vegetables the main course."

. Make Veggie-loaded Dips If you're feeling snacky, or you need to make a few hors d'oeuvres for guests, make some that are full of the healthiest foods on Earth. Choose a dip like homemade guacamole with avocados, onions, cilantro, tomatoes, peppers, and garlic. Alternatively, make homemade salsa with organic canned tomatoes, jalapenos, bell peppers, onions, and shallots. Hummus is also a great dip that you can blend with roasted peppers and garlic.

Use Leafy Green Herbs Remember that green herbs also count in your daily vegetable servings. Use lots of fresh organic parsley, basil, mint, and cilantro in your dishes. Toss them into your pasta, add them to your sandwiches, mince the herbs and put them into marinades and dressings. You'll give your food excellent flavor and all sorts of extra nutrients with delicious fresh herbs.



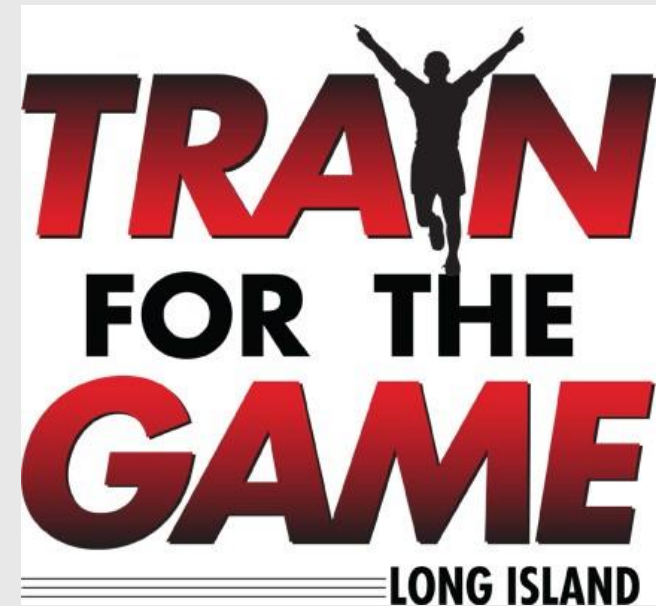
- **Add Vegetables to Your Marinara and Pesto** Anytime you're making pasta sauce from scratch or even heating store bought marinara from a jar, add about a cup of chopped spinach to the sauce. Similarly, if you're making pesto, blend in a couple of avocados with the basil and other ingredients to make it extra creamy and add more vegetables to your sauce.
- **Put Out a Tray of Washed Cut Vegetables an Hour Before Dinner** When everyone in the house is starving, and you're still prepping dinner, lay out an array of washed and chopped vegetables with hummus for snacking. It's an ideal way to make sure even the pickiest eaters get a few veggies in their bellies.
- **Embrace Cauliflower** Search online for cauliflower recipes, and you'll find a slew of creative and delicious ways to use this versatile cruciferous vegetable. Try using cauliflower to make pizza crust or grate it to make cauliflower rice. You can also grill slices of a cauliflower head as you would a steak or make mashed potatoes with it. Cauliflower is a fantastic starch substitute, and it is delicious when seasoned and cooked well.
- **Put Vegetables in Your Smoothie** Experiment with vegetables in your morning smoothie. Spinach goes well with berry or chocolate smoothies. You can also usually add kale and other greens without changing the fruity flavors too much. Carrots are also great blended with other fruits and veggies.
- **Load Your Pizza With Veggies** Do you enjoy pizza night at your house? If so, consider bypassing the pepperoni and loading your pie up with sweet onion slivers, sliced garlic, fresh chives, diced bell peppers and tomatoes, basil leaves and chopped broccoli. You'll love the fantastic flavors these veggies add to your pizza. If kids are involved, and they're not super excited about all-veggie pizzas, let them add their usual toppings, but require them to add two portions of vegetables as well. My kids normally go for green olives and chopped spinach or diced tomatoes.
- **Incorporate Vegetables Into Casseroles** If you're making pot pie, lasagna or tuna casserole, add in some extra vegetables. The recipe may call for some basic veggies, but you can always add extras like diced celery, peas, corn, chopped onions, and spinach. Get creative. Most vegetables taste good in casserole-type dishes.
- **Add Extra Veggies to Your Soup** Whether you're making soup from scratch or a can, you can increase the nutrition immensely by adding a cup or two of fresh or frozen mixed vegetables to the pot. Keep a bag of organic mixed vegetables in the freezer. When you make any kind of soup, chili or stew, throw in those extra vegetables. This is a convenient way to give whatever you're making the better flavor and extra nutrients.



SLEEP

SLEEP 8 HOURS

- One of the healthiest things you can do to take good care of yourself is to sleep a solid eight hours every night. This may mean avoiding afternoon caffeine, shutting off the tube earlier or not staying out as late. If it's difficult for you to fall asleep and stay asleep all night, consider taking a high-quality calcium and magnesium supplement (CALM available on Amazon and Vitamin Shoppe) about an hour before you plan to hit the sack. These two minerals work together to help you sleep better and longer. Magnesium helps to relax all of the muscles in your body. Calcium also induces relaxation and promotes the production of melatonin (the sleep hormone) in your body. Calcium also helps you get into a deeper sleep and stay asleep through the night



TAKE DEEP BREATHS

Taking deep breaths can lower your blood pressure, relieve stress, induce feelings of calmness and relaxation. I set my Apple Watch to remind her me to breathe deeply throughout the day. Take better care of yourself by breathing deeply. One deep breathing technique that seems to be particularly beneficial to take a deep breath through your nose, hold for 5 seconds, exhale through your mouth, hold for 5 seconds, inhale again through your nose, hold for 5 second, do this technique 10x two times a day.



Talk Kindly to Yourself

Do you have a friend that you value and love? Do you tell that friend that he or she is worthless, stupid, not worth much, fat or lazy? Of course not. However, do you sometimes tell yourself nasty things? Do you internally call yourself an idiot when you lose your keys? Have you ever gotten on the scale and think about how fat you've gotten or how lazy you are? If so, you've got to care for yourself better by beginning to replace your negative self-talk with kinder, gentler words. The first step to improving your self-talk is to begin to listen for the insults you hurl at yourself regularly. . Catch yourself and correct it. Author Evelyn Lim wrote about a good way to eliminate this kind of behavior. She says, "A great method that I have found useful is to say "cancel, cancel" each time I find myself saying something negative, whether in the mind or verbally." This method works quickly and will help you get into the habit of editing your inner critic. Once you've put an end to the negative words you've been saying to yourself, it's time to choose better words. Give yourself a little internal high five when you've done well at work. Think about your strengths and remind yourself of your accomplishments once in a while. Don't hang around people who tend to pick on you or point out your imperfections. Treat yourself in the way you would treat a cherished friend.

