



## Staying physically active during COVID-19

Long-term exposure to stress can make your body more susceptible to illnesses like coughs and cold. However, staying physical active can help protect your immune system from the effects of stress and helps reduce your risk of chronic diseases, heart disease, diabetes and obesity.

But, how do you work out when you are cooped up at home?

### Walking, running or cycling



While you may not be able to go to the gym or do group boot camps, it's okay to walk, run or ride outside as long as you keep a safe distance from other people. If you need a little push or extra motivation, download an app like Couch to 5K.

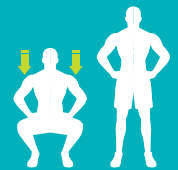
### Get creative with at home workouts!

There are plenty of no-equipment exercises — like squats, burpees, sit-ups, planks, push-ups and mountain climbers that you can do in a small space. Choose five exercises, complete each for a minute and then repeat the circuit three to five times.

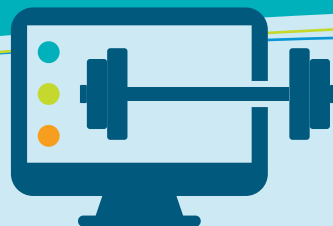
### Here's an example of a circuit workout you can use.

20-minute body weight workout

- ▶ Warm up
- ▶ 20 star jumps
- ▶ 60 sec jog on spot
- ▶ 20 full squats
- ▶ 60 sec plank
- ▶ 20 pulse squats
- ▶ 60 sec boxing
- ▶ 20 push-ups
- ▶ 60 sec rest
- ▶ Repeat x 3
- ▶ Cool down and stretch



### Online workouts and resources



Many gyms and fitness instructors are offering virtual classes now, or free access to exercise challenges and resources.

- ▶ Personal trainer Sam Wood announced he would be doing free daily workouts on his Facebook page (9am AEDT). For those who don't have Facebook, check out his You Tube channel for more workout ideas.
- ▶ Nike recently announced its premium Training Club App content (normally \$14.99 a month) is free until further notice. The app includes a huge variety of yoga, interval training, and mobility work, as well as multi-week programs, led by Nike instructors.
- ▶ Wellness App Keep it Cleaner has launched a virtual gym (check out their Facebook page). It's free and there are classes on Wednesdays and Fridays at 7am (AEDT). No equipment required.

### Yoga



Yoga is great for the body and the mind, and you don't need much space to practice. Total beginners or experts could follow Youtube videos (e.g. Yoga with Adrienne), or purchase a book of yoga poses to work from.

There is also a range of apps that will guide you through a virtual yoga class (e.g. Down Dog). Yoga is perfect for anyone who is feeling anxious, as the need to focus on your breathing will transport your mind elsewhere.

# Staying mentally active during COVID-19

## Stay connected virtually

Keep in touch with friends, family, and any social groups you are part of using technology. Whether it's your gym group, a sports club, a parenting group or a community group.

With the likes of Skype, WhatsApp, Zoom and FaceTime, there is no excuse not to have online face-to-face catch ups. Other ideas include:

- ▶ Find a friend or group, to set daily challenges with. These could include a healthy habit, a mindful practice or a creative pursuit. Be sure to encourage and check in daily to stay motivated.
- ▶ If your local community has a Facebook page join it. This will keep you up to date with what's going on around you.
- ▶ Download Netflix Party and have a virtual movie night with friends. It has a group chat feature for some hilarious running commentary and allows you to enjoy your favourite shows with friends.
- ▶ Have a virtual social gathering with friends through the app 'House Party'. Not only can you chat and party virtually together, it has in app games like Pictionary and Heads Up so you can have a virtual trivia night.



## Get creative

Channel your inner artist and do some arts and crafts, such as drawing, painting, collage, sewing, craft kits or upcycling. If you have kids at home, these are great activities to get them involved. You may like to challenge yourself with a puzzle, or take yourself away on a journey through a good book.

## Breakfast Burrito Wrap with Bacon and Avocado

If you are working from home, you may find you have more time in the morning to treat yourself to a cooked breakfast. This is a quick and easy recipe, so even if you are going to work as normal, there is still time for this special treat. NOTE: Make sure you have a good non-stick pan for this recipe, it'll make life a lot easier.

**Prep Time: 10 minutes - Cook Time: 15 minutes**

**Serves 2**

### Ingredients

- ▶ 2 eggs
- ▶ 2 tbsp thickened cream
- ▶ Salt to taste
- ▶ Pepper to taste
- ▶ 2 tsp butter
- ▶ 1 cup romaine lettuce (chopped)
- ▶ 1 Roma tomato (sliced)
- ▶ 4 cooked bacon strips
- ▶ Half an avocado (sliced)

Or choose your own fillings - this is your treat!

### Instructions

- ▶ Whisk the eggs with the thickened cream, salt and pepper.
- ▶ Heat up a non-stick pan to a medium heat.
- ▶ Melt half the butter in the pan, and pour in half the egg mixture. Immediately tilt the pan back and forth to ensure the egg covers the entire base.
- ▶ Cover the pan and let it cook for about a minute.
- ▶ When you are able to move the entire crepe when shaking the pan back and forth, carefully flip it over with a spatula.
- ▶ When it's fully cooked, transfer to a paper towel to remove excess oil.
- ▶ Repeat with the other half of the egg mix.
- ▶ Cook bacon while the wrap cools or prep in advance – your choice.
- ▶ Add the lettuce, tomato, bacon and avocado.
- ▶ Roll and enjoy!



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