

# Staying Healthy During These Challenging Pandemic Times

Today I'm sharing some reminders about how we can stay healthy and balanced during these challenging Pandemic times. I hope these tips help you get through these cold months at home and propel you toward the Spring!

## **Eat Clean**

First and foremost, it is important to eat a clean, mostly plant-based diet, that is low in sugar and omits processed foods. My family and I mostly eat foods that are plant-based, along with wild fish seafood, combining the best qualities of the Vegan and Mediterranean diets. Here are two easy and delicious fish recipes I've recently made, and you can find more easy fish recipes on my website:

- 1) Fennel and Orange Fish Fillet in Parchment
- 2) Whole Grilled Fish

## **Move Often**

To keep up both my physical and mental health, I make sure I move my body every day. I choose whatever my body feels it is up to, whether it is walking on the treadmill, streaming a yoga class, or simply stretching. As long as I get some movement in, whatever it is, I feel balanced and generate positive energy. To avoid turning movement into a stressor, I no longer plan out what I am going to do in advance, only that I AM going to incorporate some movement every day.

Check out some of my favorite online exercise programs:

- Melissa Wood Health
- The Class by Taryn Toomey
- Body by Fleur

## **Learn Something New**

One of the best ways to combat idleness is to learn something new! Luckily for us, technology now allows us to learn something new anytime we would like, even while trapped at home during a Pandemic! Here are some great educational resources that you can take advantage of:

1. MasterClass: This online learning platform has over 100 instructors who teach you new skills using curated videos. You can learn from the experts about cooking, writing, music, science, chess, interior design or a multitude of other topics. Moreover, the caliber of the teachers is incredible, and the videos are easy to watch on your TV, computer, or phone. All in all, this is a great way to get you off of Netflix and enhance your knowledge.
2. The Clock Yourself App: Although I am always trying to spend less time on my phone, using this App doesn't make me feel as guilty because I actually get to keep my mind working while exercising my body. This app combines cognitive and physical challenges into a brain game that makes you think on your feet! It does cost \$1.99, but it is absolutely worth it, and great for kids too.
3. Podcasts. Listening to podcasts has also become a regular part of my routine these days, especially while I am getting in my steps on the treadmill or walk outdoors. Here are some that I think you would find interesting:
  - Modern Love: this podcast by NPR features readings from a New York Times column about everyday love stories.
  - Off the Gram: this podcast at the intersection of wellness and social media dives into trending topics on Instagram. The women who run this show do a great job of bringing on knowledgeable expert guests, making the podcast extremely interesting and informative.
  - Heal Thy Self with Dr. G: this podcast is created

by Dr. G, an expert in all things health and fitness. He does a great job of providing accurate and scientific information about things we all wonder about, while exposing health myths.

### **Try some Mindfulness**

Say omm! Everyone should meditate for five minutes every day, not because you have to, but because you deserve it! The Skimm broke down the different ways to meditate and why it matters here.