

## Staying physically active during self-quarantine

Source: World Health Organization

Staying at home for prolonged periods of time can pose a significant challenge for remaining physically active.

Self-quarantine can also cause additional stress and challenge the mental health of citizens. Physical activity and relaxation techniques can be valuable tools to help you remain calm and continue to protect your health during this time.

These recommendations can still be achieved even at home, with no special equipment and with limited space. The following are some tips on how to stay active and reduce sedentary (somewhat inactive) behavior while at home in self-quarantine:

- Take short active breaks during the day
- Follow an online exercise class
- Walk
- Stand Up & Stretch
- Relax (mediation)

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## World Health Organization

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### COVID-19: IMMUNE SYSTEM BOOSTERS



Zinc

Lean meats, seafood, milk, whole grains, beans, seeds, and nuts • Important for wound healing



Vitamin C

Broccoli, cantaloupe, kale, oranges, strawberries, tomatoes, guava, and lychee • Protect cells from oxidative stress, a product of infection or chronic inflammation



Iron

Lentils, spinach, tofu, and white beans • Aids in non-specific immunity, the body's first line of defense



Vitamin E

Nuts, seeds, wheat germ, green leafy vegetables, avocado, and shrimp • Helps protect cells from oxidative stress

## Nutrition Tips: - Source: World Health Organization

Three Important Ways to Slow the Spread (Center for Diseases Control and Prevention)

- Wear a mask to protect yourself and others, including children, teens and young adults.
- Stay at least 6 feet from others who don't live with you.
- Avoid crowds. The more people you are in contact with, the more likely you are to be exposed to COVID-19.