



Covid 19 and the Health Long Game

To say the past 365 days has NOT been easy, is the understatement of the decade! It's not difficult to feel overwhelmed, unmotivated, anxious, discouraged, torn, worried and afraid of what comes next. Question is what does the long game look like? What can WE ALL do to make our health a priority, take back the initiative in our fitness journey and ensure we are headed in a productive direction? Here are just a few tips:

- 1) Release any shame and guilt. If the quarantine 15 has been a thing there's no need to beat oneself up over it!
- 2) Be critical of social media! Miss-information is out there and its usually front and center! How do we fight it? Recognize trusted sources and steer clear of elements that seem outlandish, possibly absurd , or downright goofy!
- 3) Find your focus! Its been easy to fixate on elements that simply haven't helped. Stop it! Focusing on where we want to be gets us there. Focusing on what we fear only makes THAT a reality.
- 4) Science IS a thing! Vaccines, healthy eating, hard work, it all may sound daunting, intimidating, worrisome, or impossible but NO WORRIES. Remember the age old adage if something sounds to good to be true, it likely is! Time tests all things and few things have survived more tests than hard work and science!