

## Have a Quarantine Problem? We have 3 *Healthy* Solutions!

### Problem # 1: Decreased Activities of Daily Living

1. Start your day with a 10 minute walk
2. Make office work more active with a virtual walking meeting and homemade standing desk
3. Take your next phone call on a walk or run

### Problem #2: Stress and Boredom Snacking

1. Purchase individual snack bags or use measuring cups to practice portion control
2. Do not buy snacks you are likely to overeat! Fill up on nutritious foods to keep your hunger at bay. Nutritious foods include fruits, vegetables, lean protein, complex carbohydrates and healthy fats
3. Chew gum, have a mint or enjoy a cup of tea to fight the snacking urge

### Problem #3: Staying Hydrated

1. Add flavor to water with fresh fruit (lemon, limes, melon, strawberries) and herbs (mint, basil)
2. Have 16 ounces of water before you drink your coffee or tea every morning
3. Make water more attractive with a new water bottle or drink out of your favorite glass

### Problem #4: Too Many “Happy” Hours

1. Schedule dry nights and consider weekend-only drinking
2. Enjoy sparkling water or flavored water in a wine or cocktail glass
3. It is easy to pour a supersized glass of wine or cocktail! Keep your portion to 5 ounces of wine, 1.5 ounces of liquor or 12 ounces of beer

### Problem #5: Feeling Achy and Stiff?

1. Try standing for at least 15 minutes every hour to limit prolonged sitting
2. Practice proper desk ergonomics by having your computer monitor at arms length away, wrists straight, hands at elbow level, knees level with hips and feet flat on floor or riser
3. Follow these 6 quick desk stretches daily: Link: [medbridgego.com](https://www.medbridgego.com) Access Code: KFAPEDLV

### Problem #6: Poor Sleep

1. Try a bedtime yoga or stretching routine to relieve stress, body tension and ease into your bedtime routine
2. Avoid large, late and calorie laden dinners. Focus on fruits, vegetables, yogurt or nuts for snacks when it's dark
3. Follow the solutions to Problem #5 and decrease your alcohol intake

### Problem #7: Lack of Routine Resulting in New Unhealthy Habits?

1. Wake up at your usual time, shower and dress for the day
2. Schedule in an exercise or activity time into your calendar
3. Prep your lunches for the week using the REAL SIMPLE Mason Jar Salad Guide on Page 2

REALSIMPLE

# How to Build a Mason Jar Salad

IN A WIDE-MOUTH QUART-SIZE JAR, BUILD FROM THE BOTTOM UP.



ILLUSTRATIONS BY Sarah Ferone