

# How We Maintain

## During COVID-19

Worried that you may have overindulged in comfort foods during the COVID-19 pandemic? You can get back on track.

Keep a few healthy habits going. Focus on getting back on track.

### SOUND NUTRITION



Lean sources of protein, leafy greens, and various other vegetables and fruits are important for your health.

### EXERCISE



Exercise is important for your health. Dedicate an hour most days of the week to working out with your favorite online exercise guru. If you can't get in a workout, just walking around your neighborhood can make a big difference.



### STRESS MANAGEMENT



A makeshift meditation corner and giving yourself permission to

take a break. [E109](#) [ISO](#) [A EH.125](#) [T101T10](#)

