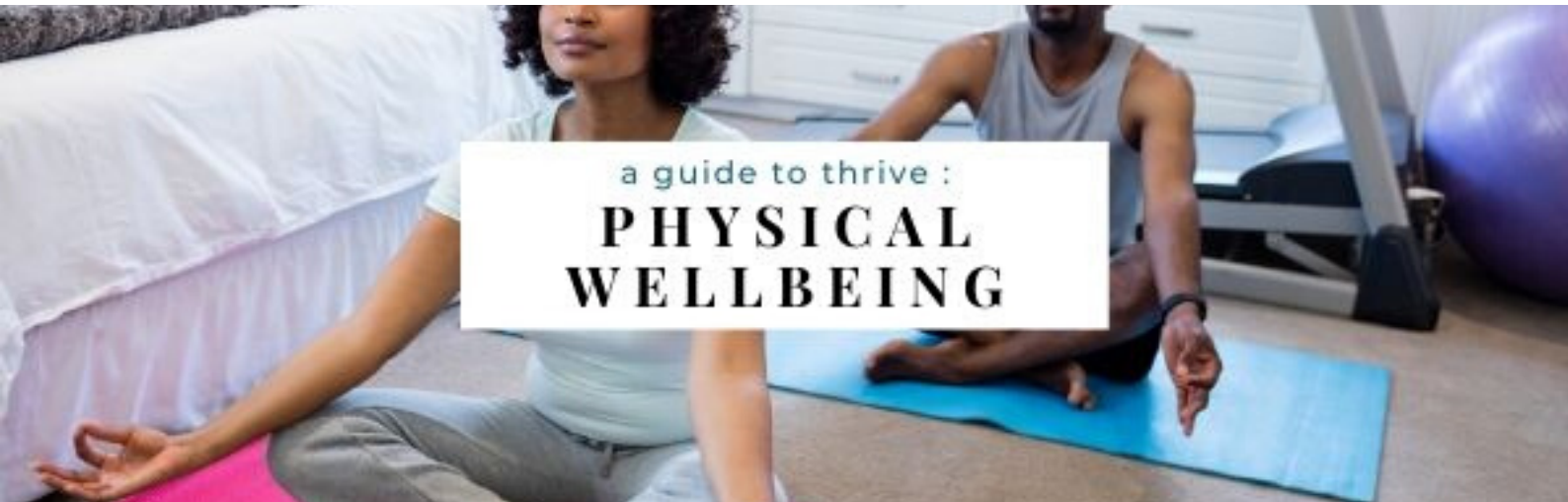


TWP QUARANTINE

a guide for wellbeing during COVID-19 by **THE WELLNESS PROJECT NYC**



BODY BASICS

It's not news that physical health is important - but maybe it's been made clear that now more than ever, taking care is paramount. You don't need to train for a marathon (power to ya if you do!), we're just talking **SMALL STEPS, EVERY DAY**. Keep reading for ideas and tips to keep your bod in top physical condition even when your time is spent in quarantine . . .

WHY FIT IN FITNESS

We'll leave it to the facts here. Just a few reasons to carve out even just 20 mins to move your bod :

- 1) **PROVEN : EXERCISE IS ONE OF THE MOST POTENT ANTIDEPRESSANTS AT YOUR DISPOSAL**. Every time you work out, you release endorphins that boost your mood.
- 2) You can **BOOST THE POTENTIAL OF YOUR IMMUNE SYSTEM** to ward off sickness and decrease symptoms of illness when you do get sick.
- 3) Your **SLEEP QUALITY WILL IMPROVE**, which affects all aspects of your wellbeing.

WATCH OUT . . . with better sleep and endorphins flowing, you might start naturally craving healthier foods. Say what?!

SLEEP SOUNDLY

WHY SLEEP MATTERS :

improved immune response, heart health, balanced blood sugar, controlled hunger, keeps cortisol (the stress hormone) low,

SLEEP HACKS + HELPERS :

- limit screen time before bed
- get daylight during the day (sync circadian rhythms and live in tune with nature)
- sip tart cherry juice (natural source of melatonin)
- no coffee after 2pm
- keep a worry list next to your bed (get those thoughts out of your head)

TAKE IT OUTSIDE

Take your (socially distant and cautious) fitness outside for an **EXTRA BOOST OF VITAMIN D** - to help mobilize your immune system and sync those circadian rhythms.

say yes to YOGA



Marry the physical with the mental for a bonus wellness boost : **TRY YOGA.**

WHY ? decrease stress + relieve anxiety, reduce inflammation, promote quality sleep, flex the mind/body connection, improve physical fitness - strength, flexibility, cardiovascular health...

CHECK OUT : [Laughing Lotus](#), [Yoga to the People](#), [Melissa Wood Health](#) (pilates/yoga mashup), [Core Power Yoga](#), [Yoga with Adrienne](#), [Y7](#), [ALO Moves](#), [Wanderlust](#) + more. Or, try **FLOWING ON YOUR OWN** with a [simple sequence](#).

TIPS + RESOURCES

Remember! It doesn't take a marathon... check out some simple tips and resources to work on physical wellbeing in various ways...

- **MOVE JUST A LITTLE** - squats while brushing your teeth, tricep dips between episodes, an after dinner walk around the block . . . small ways to keep movin'.
- Try **AN ONLINE FITNESS CLASS OR APP** : join a live-stream class or go with pre-recorded - [MindBody](#), [Classpass](#), [Daily Burn](#), [Centr](#), [OpenFit](#), [PopSugar Fitness](#), [Aaptiv](#), [One Peloton](#), [PowerStrike](#), [SweatyBetty](#) or even a full on [dance party](#).
- Finally try that **NEIGHBORHOOD STUDIO** (or one across country) - many are offering virtual classes! Everything from [soulful kickboxing](#) to [mat pilates](#) to [mindful bootcamp](#)... and everything in between.



A NOTE FROM RACHEL + SARAH OF THE WELLNESS PROJECT NYC :

Moving the body is an important component of any healthy routine. So often the thing stopping people from starting a new habit is thinking too big too quickly. You can easily reap the benefits of movement in 15-20 minutes per day of any type of movement you like. Go for a walk, dance while getting dressed, start a morning stretch routine... find simple ways to move more. That's it. Taking care of your health should not be overwhelming - pick a few small things and celebrate your efforts. We hope you've found valuable information in this newsletter series. And, of course, please reach out with any questions - hello@twpnyc.com! Wishing you health and happiness, even in quarantine.

