

How We Made It

During COVID-19

Worried that you may have overindulged in comfort foods during the COVID-19 pandemic? You're not alone.

It's a common experience for many people to have overindulged in comfort foods during the COVID-19 pandemic. You're not alone. It's a common experience for many people to have overindulged in comfort foods during the COVID-19 pandemic. You're not alone.

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 is important for your health. A makeshift meditation corner and giving yourself permission to take a break is important for your health.

