

#HealthyatHome

Maintaining or starting healthy habits is essential during this time to help bring some normalcy to these uncertain times. Read below for eight recommendations to work into your daily routine, why each is important and tips to help you complete. On the next page, track and record your activities to help you become more mindful of your daily routine.



Sleep 7-8 Hours

Why: Inadequate sleep results in fatigue, higher stress levels, personality changes like loss of humor, and reduced attention, concentration, and memory.

Tips for better sleep: Exposure to lights just before bed can make it hard to sleep. Avoid screen time right before bed. Instead, try a calming activity like a breathing exercise, meditation, or a bath.



Eat 5+ Servings of Fruits & Veggies

Why: F&Vs are the best sources of vitamins, minerals, fiber, and health-promoting micronutrients. Most fruits have no cholesterol and are naturally low in calories, fat, and sodium.

Tips for eating more F&V: If you're stocking up on food, try freezing fresh fruits and veggies immediately. Fresh spinach or bananas are great options to freeze and add to smoothies.



Move your body for 30 Minutes

Why: Regular physical activity helps with your risk of heart disease, cancer, diabetes, arthritis, high blood pressure, anxiety, depression, weight management and bone, muscle and joint health.

Tips for getting in physical activity: Plan the night before! Lay out your athletic clothes and set your alarm for 30 minutes earlier than normal to start your day with a brisk walk.



Drink 64 Ounces of Water

Why: Water gets rid of wastes, keeps your temperature normal, lubricates joints, and protects sensitive tissues.

Tips for drinking more water: Make water more flavorful by adding slices of lemon, lime, or cucumber. Also, try sparkling water with a splash of 100% fruit juice.



Connect with a Loved One

Why: Too much social distance can contribute to poor emotional or mental health, and physical isolation can significantly worsen these concerns.

Tips: There are lots of virtual ways to stay in touch but nothing beats a phone call! Don't forget to check on loved ones who live alone during this time.



Check Off One Thing on your Daily To-do List

Why: Preserving your daily routines as much as possible can help make being quarantined feel more normal and the times feel less uncertain.

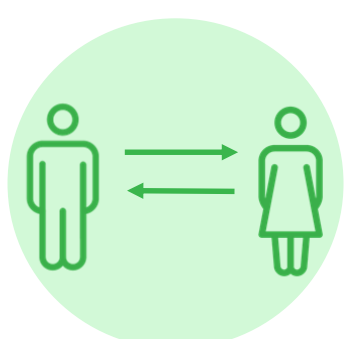
Tips: Focus your energy on completing one task at a time—whether it be work or family-related—rather than worrying about how to do all of them at once.



Unwind with a Self-care Activity

Why: Physically, stress can lead to headaches, back pain, muscle aches, and stomach trouble. Mentally, stress leads to low morale, poor sleep and concentration, and depression. It can also take a toll on our immune systems.

Ideas: Meditate, journal, read a book, watch a funny T.V. show, doodle, do a puzzle!



Adhere to CDC Recommendations

Why: The best way to prevent illness is to avoid being exposed to the virus.

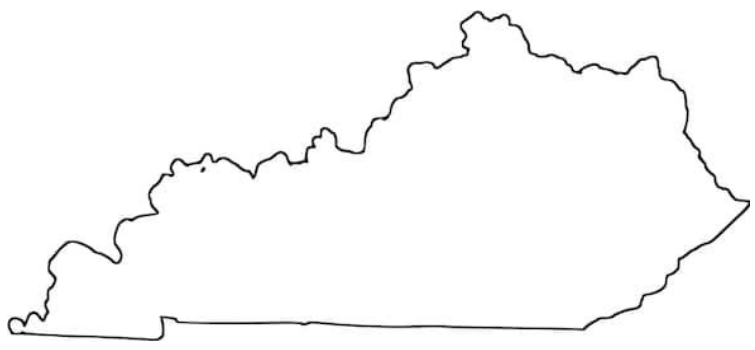
Recommendations: Clean your hands often- soap and water for 20 seconds; avoid close contact- stay home as much as possible or practice social distancing; Cover your mouth and nose with a cloth face cover when around others; clean and disinfect frequently touched surfaces.

For more detailed information about the above recommendations, visit the "Resources" tab within the StayWell portal at KEHPLivingWell.com or StayWell.com/coronavirus. Additional information gathered from KyCovid19.ky.gov and cdc.gov.



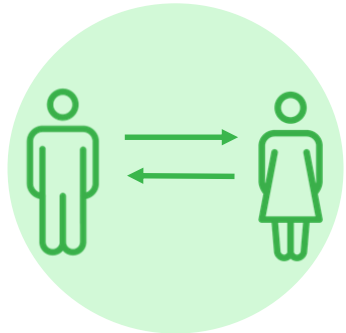
Kentucky Employees'
Health Plan





#HealthyatHome

Week of:



	MON	TUES	WED	THURS	FRI	SAT	SUN
Check if Completed							
Hours of Sleep							
Check if Completed							
Types of F&V							
Check if Completed							
Type of Activity							
Check if Completed							
Ounces of Water							
Check if Completed							
Name of Loved One							
Check if Completed							
Type of Chore							
Check if Completed							
Type of Activity							
Check if Completed							
Precautions Taken							

Do your best to complete as many of the eight activities as possible. The goal is to become more intentional and aware of what you're doing and areas to do better; not to complete every thing, every day.



Kentucky Employees' Health Plan



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