

Wellness InSTALLments

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May

Virtual Resources

Nutritionist Offers Advice on How to Eat Well During the Coronavirus Quarantine

<https://www.youtube.com/watch?v=q2hN80Gldzk>

Q&A with Dietician, Julie Cole

https://www.instagram.com/p/B_VKdKcAOA4/

5 Easiest Workouts to Do At Home

<https://www.youtube.com/watch?v=pS7ohYO2Bz8>

Black Swan Yoga

<https://blackswanyoga.com/live/>

Latin Dance Workout

https://www.youtube.com/watch?v=8DZktowZo_k



Healthy Habits



Being away from the FGCU campus and its resources can make it more difficult to take care of our physical health. Now it is even more important than ever to take care of our personal wellness and keep our immune system alert by eating right and exercising. **According to the American Heart Association, physical activity relieves stress, boosts your energy levels and improves your mood.** Even just small increases in physical activity can improve your physical, mental, and emotional health! Take this time to learn some healthy habits for you to use when you come back to campus! Read on to learn how you can make a change today!

Sleep, Drink, Eat, Walk, Repeat

Try incorporating these health tips into your daily routine:

A Sleep Schedule

Aim for 7-8 hours per night! Try to maintain a similar sleep schedule even on the weekends!

Drink Plenty of Water

Keep a reusable water bottle near you to fill frequently for about 2.5-3.5 liters of water per day!

Eat Fruit & Veggies

Hungry between meals? Eat these as a snack! For easier access, chop them beforehand!

Take Frequent Walks

Utilize apps to set a "daily step goal" and set alarms to get up!



An App a Day Keeps The Doctor Away



Use Mealime for new recipes, customizing your diet type, adding food allergies, and setting alarms for meal prep. Once you select recipes to make, items are added to a grocery list. It also promotes reducing food waste by giving you exact amounts for each ingredient!

Mealime

The TikTok community is full of nutrition enthusiasts, workout buffs, and health conscious users who can keep you inspired and motivated on your journey.



TikTok

WELLNESS TIP

Do a physical activity that you find fun! Examples include walking, rollerblading, playing basketball, jumping on a trampoline, or swimming!

Question of the Month

Name one healthy habit you would like to try from our InSTALLment!

RSVP on Eagle Link with the correct answer to enter into a drawing for \$10 of Eagle Dollars!



FitOn

This is a great fitness app that allows you to customize the type and length of your workouts. Spice up your exercise regime by trying something new! This is perfect for at-home workouts!



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