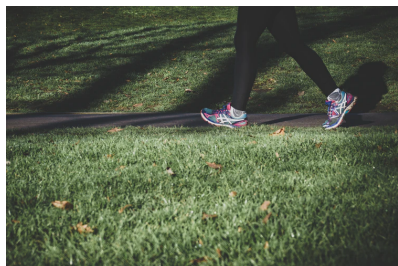


**In an effort to reduce the spread of Coronavirus, the Centers for Disease Control and Prevention (CDC) recommends social distancing and staying at home when possible.**

Don't let this change in your routine get you off track with your healthy habits.



### **Exercise from home.**

Try an online workout class. Use common household items such as laundry detergent, cans of soup or books in place of traditional weights. Go for a walk outside. Enjoy the fresh air and sunshine.

### **Cook healthy meals.**

Stay in control of what you eat by preparing your own meals. You can avoid extra calories, unhealthy fats, added sugars and sodium. Easily search for new healthy recipes from your INTERVENT dashboard.



### **Practice self-care.**

Do something relaxing. Take a bubble bath, practice deep breathing or read a book. Ask your INTERVENT health coach for access to a guided relaxation audio. Stay positive.

### **Use free time in productive ways.**

If you're feeling bored, get busy with a useful task. Get better organized by cleaning out closets and drawers. Rearrange furniture or finish that "Do It Yourself" project you've been working on.



The INTERVENT health coaching program can help you stay accountable to your health and wellness goals.