

Weight Management & Working From Home

While many people around the world are working from home, weight management and proper nutrition may be more challenging. With gyms closed, it is time to get creative with your at home workouts and nutrition to keep your health on track!

- ❖ **Balance your meals:** Aim for 3 meals each day to keep your appetite and energy level throughout the day. A balanced meal should include a form a protein, like eggs, Greek yogurt, tofu, poultry or lean meat, produce (fruit or vegetable) and a healthy fat, like olives, avocado or nuts. You can also add a quality form of carbohydrate, like oats, brown rice, whole grain pasta or lentils for fiber content and additional nutrients.
- ❖ **Stay away from excessive snacking:** While being stuck at home, it can be very tempting to snack out of boredom. Snacking shouldn't be seen as a bad habit as long as you do it mindfully. Snack on nutrient-rich foods like Greek yogurt with fruit, vegetables with hummus, unsalted nuts and hard-boiled eggs.
- ❖ **Pick up a new hobby:** Picking up a new hobby while at home can keep you occupied and limit mindlessly eating. Some hobbies I suggest are puzzles, home improvement tasks, reading a book, going on daily walks, baking healthy snacks, gardening or finding daily workouts to do from home.
- ❖ **Motivate yourself to workout:** Finding the motivation to workout at home can be difficult. Nowadays, there are so many ways to find workouts online; it is just up to you to find which one works best for your lifestyle! Simply type "at home workout" into your browser with a key word related to the style of exercise you are interested in, like weight lifting, cardio or yoga, and you should be able to find many different videos to choose from.
- ❖ **Find new healthy recipes:** If you are in a rut with what to prepare from meals at homes, browse cookbooks and the Internet for healthy recipes. I have many listed on my website, but you can also find endless options on Pinterest. Just type in a few keywords related to the ingredients you want to cook, like healthy recipe with chicken, spaghetti squash and basil, to narrow down the list.
- ❖ **Drink your water:** Do not forget to stay hydrated! With so much disruption in daily life right now, it may be easy to forget to drink water, but staying on top of your fluid intake can help you feel more energetic, limit food cravings and improve digestion, amongst many other benefits.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Workout:	Workout:	Workout:	Workout:	Workout:	Workout:	Workout:
Water:	Water:	Water:	Water:	Water:	Water:	Water:
Recipes:	Recipes:	Recipes:	Recipes:	Recipes:	Recipes:	Recipes:

Use this calendar to track your workouts, how much water you are consuming, and which new recipes you are trying out!

