

# SUNDAY MORNING HEALTH CORNER

## Make Health and Nutrition a Priority During the Coronavirus (COVID-19) Pandemic

April is National Minority Health Month. Even as we practice social distancing, we should still stay physically active and healthy to support physical, mental, and emotional wellness.

### Minimize trips to the supermarket during the pandemic and eat healthy

- **Plan ahead.** Visualize breakfast, lunch, and dinner for at least 5 days.
- **Have children at home?** Include children in meal planning, preparation, and clean up while teaching them writing, math, reading, and science.
- **Think nutrition.** The healthiest meals emphasize whole grains, vegetables, and fruits—serve them in the greatest amounts.
- **Make a shopping list—and use it!** You'll be less like to forget items or buy impulse items

### Think Positive! Mindset is vital to getting through this pandemic physically and mentally healthy

- **Practice positive stress management strategies.**
- **Stick with your routine** as much as you can. Go to bed and get up in the morning on your usual schedule.
- **Manage boredom.** Stay busy and engaged—resist hanging around the fridge or mindlessly watching TV. Enjoy your hobbies, read, cook, and stay in touch with family, friends, and colleagues.
- **When you do go out,** wash your hands before you leave home and as soon as you return.



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