



Let's practice healthy habits during COVID-19

Health isn't about one specific behaviour but rather a series of practices that add up to better mental and physical well-being.

Drink More Water. Drinking enough water to stay properly hydrated is something that we often forget to do. Aside from quenching our thirst, drinking enough water keeps everything in our bodies working well. Aim to drink at least 1L a day. Make drinking water a family priority today. Set a goal and track your progress using a sticker chart or even by marking your reusable water bottle with a dry-erase marker.



Cook A Meal. Being at home provides some families time to cook more rather than dining out or getting takeout, and if it seems tedious, here's the silver lining: studies suggest that people who cook at least six nights per week eat more healthfully — both at home and when dining out — even if not consciously trying to.

Cut Back on Snacking and Grazing. A better eating pattern involves three meals a day, spaced an average of four hours apart. If you find yourself constantly snacking or grazing between meals, it might be a sign you're not filling up sufficiently at mealtime. Make sure your meals include at least a half-plate of non-starchy veggies along with some plant-based fats, a satisfying portion of protein and a small helping of starchy veggies or whole grains.



Make Time for Physical Activity Everyday. Though 30 minutes per day, five days a week, is ideal, the Centers for Disease Control and Prevention says some physical activity is better than none, noting that even a little activity offers some health benefits. If you can pace around your driveway, house or apartment for 10 minutes, do it! Staying active can help you maintain a healthier weight.

Think Of A Few Things You Are Grateful for Everyday. Gratitude helps cultivate a positive outlook, and research suggests this may help you become a healthier eater. Every day make a mental note or jot down some things you appreciate, no matter how big or small.



Develop a Meditation Habit. Not only will it help you reduce stress, studies show it can also help reduce emotional and binge eating.

Go to Bed at the Same Time Every Night. The pandemic has changed some of our common routines, like going to school and for many going to work, which can make it hard to keep track of time. Since sleep is so critical to keeping your immune system healthy, it's important to stick to a consistent sleep schedule. Do your best to go to bed at the same time each night and try to get the recommended hours of [sleep](#) for your age group.

