

Let's Get Moving Together



The important work you do day-in and day-out by taking care of our residents is physically and mentally demanding. Throughout the day, you put a significant amount of stress and strain on your body and mind. Your work has become even more challenging with the COVID-19 pandemic and our healthcare heroes are working even longer days, extra shifts, and sometimes never have a chance to take a break. For these reasons and many more, it is time to talk about the importance of taking care of your body and mind. Of course, it would be great if you had the time and energy to visit a gym, but this probably is not a reality given your work stressors and balancing time for your families.

- Park your car further away for a longer walk to and from the facility;
- Take 5-10 mins each day away from social media, TV, etc. to be silent, present, and focused on your breathing;
- Practice these easy exercises on a daily basis to avoid injuries, muscle strain, muscle tension, and low energy. Exercises like **lunges**, **squats**, **reverse fly**, and **shoulder shrug** increase your muscle strength and **walking** increases your energy levels. **Neck stretch** helps you release tension and **planking** builds your core muscles.

Good News! All is not lost and with these easy tips, you can still take time out of your day to prioritize YOU:

- Take 15-30 minutes each day for a walk around the facility during your lunch break;
- Partner with your co-workers to commit to a workout 2-3 times a week;

Self-care is the practice of taking an active role in one's own well-being and happiness. Your body is a temple and you must be able to take care of yourself before you can take care of others.

Source: <https://aaptiv.com/magazine/workout-routines-for-nurses>

Eat This, Not That Fast Food Edition: Popeyes

2-Piece Chicken Meal

- 1,095 calories
- 57 grams of fat
- 23 grams saturated fat
- 0 grams trans fat
- 2,132 mg sodium
- 80 grams carbs
- 6 grams fiber
- 46 grams sugar
- 34 grams protein



Not to be confused with the Chicken Tenders meals, this two-piece chicken meal includes the brand's signature, bone-in chicken, plus a side, a biscuit, and a drink. Lauren Minchen, MPH, RDN, CDN, nutrition consultant, chose this as one of the best menu items because the portion size and calorie range are more appropriate for an individual meal. She also suggests swapping the biscuit for coleslaw.

Source: <https://www.eatthis.com/news-best-worst-menu-items-popeyes/>

Check out these online resources and smartphone apps!

Looking for a place to go out and hike and get in nature? Try [All Trails](#) or [Komoot](#)! Can't get out of the house to stay fit? Don't worry, we've got you here with [Down Dog](#).

Need help around the kitchen? Use [Big Oven](#) for help with your meal prep, grocery lists, finding recipes, and more!

Did You Know?

Forget the Emergency Room! Telemedicine is there for you 24/7 and 365 days a year. Your time and your wallet are precious, so protect them with virtual visits.

Having trouble connecting on your phone? Not to worry! Contact any member of your facility management team for help and they will assist you with access on one of our devices.