

# How We Made It

## During COVID-19

Worried that you may have overindulged in comfort foods during the COVID-19 pandemic? You're not alone.

It's a common experience for many people to have overindulged in comfort foods during the COVID-19 pandemic. This is because of the stress and isolation that many people have experienced during this time. However, there are ways to get back on track and maintain a healthy diet.

### SOUND NUTRITION



Lean sources of protein, leafy greens, and various other vegetables and fruits are important for maintaining a healthy diet.

### EXERCISE



Exercise is important for maintaining a healthy diet. Dedicate an hour most days of the week to working out with your favorite online exercise guru. If you can't get in a workout, just walking around your neighborhood can make a big difference.



### STRESS MANAGEMENT



A makeshift meditation corner and giving yourself permission to

take a break is important for stress management. A makeshift meditation corner can be created in a quiet room. Giving yourself permission to take a break is also important.

