

3 Ways to Prevent Obesity

You might think that with the combined responsibilities of a remote work set up, assisting your kids with online learning, and juggling household tasks, self-care is a luxury that you cannot afford.

The good news is, focusing on your own wellness does not require hours from your day. In fact, just a few minutes to breathe is enough to protect your well being. Don't believe it? Here are some things you can try:



Massage

If the pandemic has rendered you unable to book an appointment at your favorite spa, take five minutes to stretch out and give yourself head massages, neck massages, back massages or foot massages. You will feel relaxed in no time.



Exercise

Get your blood pumping by doing a few basic exercises at the beginning of the day. Take a brisk walk, simple aerobics or stretching.



Write

Express your feelings by writing them down. Whether you're frustrated or happy, a few minutes of journaling can help you cope with your emotions.



Snack

Take a break and enjoy a snack. Indulge in the food you like in moderation. Make sure you keep them balanced with healthy meals.



Take a sound trip

Turning on some music as you go about your daily tasks can help start your day right and put you in a better mood.

