4 Ways To Stay Fit from Home

Staying fit has become more challenging with the onset of the pandemic since recreational facilities like gymnasiums, pools and other fitness facilities are covered by health and safety restrictions.

With online classes and work from home set ups, there are also less opportunities to get physical to stay fit and healthy. But when there's a will, there's always away.

Here are some simple ways you can care for your health while staying at home:

Exercise

Engage in moderate physical exercise when you get up in the morning. Do simple stretches, lunges, push ups, squats and planking. You can even take a brisk walk or jog near your neighborhood. Just be mindful of social distancing and health protocols when you step out.

Eat healthy food

It may seem tempting to binge on junk food and ready-to-eat meals but you should also look out for lifestyle-related diseases like diabetes and obesity. Make sure to include fiber rich food, fruits, and veggies along with protein in your meals to make sure you are well-equipped to battle the threat of diseases during this critical time.

Get sleep

Getting the right amount of sleep is essential to maintaining your mental and physical health. It helps you minimize the risk of heart diseases, kidney diseases, high blood pressure, diabetes and stroke. Getting adequate sleep also helps you improve your mood.

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