

Focus on your personal self-care and wellbeing during this time of uncertainty related to COVID-19. These resources are available to support your health and wellbeing.

## Get Active

- Join the [Move More Challenge](#) to stay connected with co-workers and walk extra steps.
- Use these free online workouts:
  - [Fitness Blender](#)
  - [Nike Training Club App](#)
  - [25 at-home exercises](#)
- Take a walk outside.
- Go for a [hike on a trail](#).



## Eat Healthy

- Maintain a balanced diet that includes whole grains, lean protein, healthy fats, fruits and vegetables.
- Learn how to [keep produce fresh for longer](#) in between grocery store trips.
- Track nutrition habits on [Healthy Emory Connect](#).
- Try new recipes from [Zipongo](#).
- View the [Healthy Eating webinars](#).



## Manage Stress

- Access free counseling services through Emory's [Faculty Staff Assistance Program](#).
- Utilize [Whil](#) on Healthy Emory Connect.
  - Take a deep breath with Whil meditation.
  - Join an at-home yoga class.
- [Take 5 for wellness](#) with a progressive relaxation video.



## Sleep Well

- Use [Healthy Emory Connect resources](#) to track your sleep and stay consistent.
- [Unplug from technology](#) before bed.
- [5 Ways to Get a Perfect Night of Sleep](#).
- Watch the video [Third Pillar of Good Health: Sleeping Well](#).

