

These resources are available to support your health and wellbeing. Additional resources are available here: [Working Through COVID-19](#).

## Get Active

- Join [Virtual Walking on Wednesdays](#) to stay motivated to get your daily steps
- Use these free online workouts:
  - [Blomeyer Virtual Fitness](#)
  - [Active Works Breaks](#)
  - [Woodpec Virtual Fitness Classes](#)
- Take a walk outside.
- Go for a [hike on a trail](#).



## Eat Healthy

- Learn how to [keep produce fresh for longer](#).
- Track nutrition habits on [Healthy Emory Connect](#)
- Try new recipes from [Zipongo](#).
- View the Healthy Eating [webinars](#)
- [Sign up](#) for Ask the Dietitian  
*\*if you have already registered, no need to complete the form again\**
- Watch previous Ask the Dietitian sessions [here!](#)



## Manage Stress

- Access free counseling services [Faculty Staff Assistance Program](#).
- Use [Whil](#) on Healthy Emory Connect.
- Join a [daily Yoga livestream](#).
- [Take 5 for wellness](#) with a progressive relaxation video.
- Resources from the [Office of Spiritual and Religious Life](#)



## Sleep Well

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

