



## Exercise and Healthy Living Resource Guide

We have put this resource guide together to support you during these challenging times. The Guide is not final, and we will be adding resources that we think will be helpful. In fact, if you have suggestions please send the websites our way.

This guide contains websites where you will find videos and other great resources on *Exercise, Support For Better Sleep, Managing Stress and Anxiety, Nutrition and Healthy Living*

and

Instructions to participate in Virtual Exercise classes that Fitness Professionals On Demand can bring into your home through an app called Zoom.us

Please contact *Fitness Professionals On Demand* with questions or to send us recommendations on other resources which we can add to the guide.

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[www.fitnessprofessionalsondemand.com](http://www.fitnessprofessionalsondemand.com)

**Develop and implement an exercise plan**- Now more than ever keeping routine in your life is so important. A daily exercise plan will support you with this. Why did we pick exercise? Answer: Exercise builds your immune system and just makes you feel & look your best!

**Go to *Your Every Day Exercise Guide* (NIH) and download a pdf file**

<https://order.nia.nih.gov/publication/exercise-physical-activity-your-everyday-guide-from-the-national-institute-on-aging>

- First, please read pages 15 (kinds of exercises to improve health & physical ability) and pages 102-108 (forms to develop an exercise plan for you and your family). Remember include daily activities and set up your plan so you have a routine. Best to develop this with all those in your household, so each person has a plan and /or buys into a family plan. You could give a reward to those who complete it each week- Just have fun with it – laugh, bond and build your immune system.
- Second, view the websites below to find exercise classes that you can include in your exercise plan. For example, if you are doing endurance exercises via interval walking you may only want videos on strength training. Some of the websites have verbal instructions and pictures that you will likely need to practice while others have exercise

videos that you can play and follow. Have fun with this and pick the ones that your family seems to enjoy and laugh more when doing them. For example, parents may want to include a kid's video that they can do with their children. Also for those with Fitbits, challenge your friends and family to a *step competition* and include it in your plan exercise plan.

- Third, implement your plan and support everyone is completing a *Weekly exercise and Physical Activity Plan*, page 104.
- Fourth, at the end of your first week evaluate your family progress and make changes to enhance your exercise plan.

### **Exercise websites**

How to strengthen your immunity during the coronavirus pandemic: Exercise, meditation, sleep and stress management

<https://www.cnn.com/2020/03/26/health/immunity-exercise-sleep-meditation-stress-coronavirus-drayer-wellness/index.html>

GO For Life <https://go4life.nia.nih.gov>

Go4Life, an exercise and physical activity campaign from the National Institute on Aging at NIH, is designed to help you fit exercise and physical activity into your daily life.

Interval walking: Design your own interval walking program Visit this website to see sample

The 20-Minute Beginner Interval Walk

<https://www.silversneakers.com/blog/mpc-20-minute-beginner-interval-walk/>

How To Use Interval Walking to Lose Weight

<https://www.verywellfit.com/how-to-use-interval-walking-to-lose-weight-3495456>

You-tube exercises(<https://www.youtube.com>)- check the available programs on You tube that match you exercise plan. Below are a few examples:

15-Minute Beginner's At-Home Cardio Workout | Class Fit Sugar.

<https://youtu.be/VHyGqsPOUHs>

Walk Off Fat Fast 20 Minute | Fat Burning Workout.

(<https://youtu.be/kqaNUjTR70A>

Various short exercises to practice form

<https://www.youtube.com/channel/UCBezFcR5cth1cTMNtkG7zTg>

32 Minute Home Cardio Workout with No Equipment - Calorie Blasting Cardio Training. [https://youtu.be/qWy\\_aOIB45Y](https://youtu.be/qWy_aOIB45Y)

Kids exercises-just type in kids exercises in your search bar and many fun you-tube video exercises will pop up

Example: WORKOUT ! Full 25 min exercise routine program for kids and parents lose weight 2019

<https://youtu.be/dhCM0C6GnrY>

Fitness professionals On Demand now has virtual classes which we can bring to you. These classes are free to members of BSNENY wellness plan. We can bring certified instructors into your homes to provide quality exercise classes. This is being done through zoom.US. There are currently two exercise programs available. However, in the next few days please visit our website at [fitnessprofessionalsondemand.com](https://fitnessprofessionalsondemand.com). We will be adding many more virtual classes. The classes that are now available are:

- 1) Yoga 8 weeks: starts April 1 at 4pm 8 classes
- 2) Strength Training & High intensity Combo- Starts this Monday March 30<sup>th</sup> at 6:30pm 8 classes
- 3) Virtual Fitness Challenge: Starts April-Commit to 10 virtual classes over 4 weeks & see the difference in how you look and feel

To participate, you simply download a free zoom.us App on your cell, computer or tablet & register for the class at [fitnessprofessionals.com](https://fitnessprofessionals.com). We will send you invitations via Zoom to the program you selected .If you are interest in any of these classes please email me and I will give you all details. Additionally, if you just want to try one of these classes let us know.

### Support for Better Sleep

Check and see if you or family members are having sleep challenges. If yes read together the NIH(National Institute of Health) Guide to healthy sleeping Guide for some great practices for a better sleep. This guide is research based.

Your Guide to Healthy Sleep

[https://www.nhlbi.nih.gov/files/docs/public/sleep/healthy\\_sleep.pdf](https://www.nhlbi.nih.gov/files/docs/public/sleep/healthy_sleep.pdf)

This book by the National Institutes of Health (Publication 11-5271) and the National Heart, Lung, and Blood Institute provides the latest science-based information about Sleep

### Healthy Living and Nutrition

[Nutrition.gov](https://www.nutrition.gov)

This is a USDA-sponsored website that offers credible information to help you make healthful eating choices. It serves as a gateway to reliable information on nutrition, healthy eating, physical activity, and food safety for consumers. The site is updated on an ongoing basis by a staff of Registered Dietitians at the Food and Nutrition Information Center (FNIC) located at the National Agricultural Library (NAL), Agricultural Research Service (ARS), U.S. Department of Agriculture (USDA). The website receives content guidance from a working group that consists of scientific experts in food and nutrition within USDA and the U.S. Department of Health and Human Services (HHS). Nutrition.gov was launched in 2004 as part of the USDA's Obesity Intervention Plan. It is funded by the Research, Education and Economics (REE) mission area of USDA.

The Food Label and You (Historical PSA) <https://youtu.be/MYIAdd2Z9Mc>

This just one of my favorite videos on understand the food label. I think your family will have fun with it . Then you could ask them to read the food labels On some of the foods you have at home. They have modified the food label since this video, but I still love it. Here is a website to the most current food label <https://www.fda.gov/food/food-labeling-nutrition/nutrition-education-resources-materials>

**[NutritionFacts.org](https://www.nutritionfacts.org) (This is one of my favorite websites-Check out the doctor Greger's free video library)**

**NUTRITIONFACTS.ORG** is a strictly non-commercial, science-based public service provided by Dr. Michael Greger, providing free updates on the latest in nutrition research via bite-sized videos. There are more than a thousand videos on nearly every aspect of healthy eating, with new videos and articles uploaded every day. NutritionFacts.org was launched with seed money and support by the [Jesse & Julie Rasch Foundation](#). Incorporated as a 501c3 nonprofit charity, NutritionFacts.org now relies on individual donors to keep the site alive and thriving

<https://www.livestrong.com>

LIVESTRONG.COM provides the blueprint to simple healthy living.

Our mission is to empower anyone at any age or stage in their fitness journey with the information and tools that will help them to make better choices – even just one small better choice can motivate them and improve their potential to truly thrive.

### **Support for Managing Stress and Anxiety**

For most support in managing stress is something we all need at different times in our lives. Breathing and meditation are so important to helping us manage our stress. We included some videos and handouts that we hope will be helpful. I especially like Dr. Andrew Weil's free video on a breathing exercise and the video on emotional hygiene. Remember you want to get that breath way down in your lower belly not just keep it in the chest.

### **Stress & Anxiety CDC Center For Disease Control**

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html> & Stress

### *How to Make Stress Your Friend*

[https://www.ted.com/talks/kelly\\_mcgonigal\\_how\\_to\\_make\\_stress\\_your\\_friend?referrer=playlist-](https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?referrer=playlist-)

### **Emotional Hygiene**

[https://www.ted.com/talks/guy\\_winch\\_the\\_case\\_for\\_emotional\\_hygiene?language=en&utm\\_campaign=tedsbread&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/guy_winch_the_case_for_emotional_hygiene?language=en&utm_campaign=tedsbread&utm_medium=referral&utm_source=tedcomshare)

### **Breathing Exercises Dr. Weil**

Why Breathwork Matters | Breathing Exercises | Andrew Weil, M.D.

[https://youtu.be/ -C\\_VNM1Vd0](https://youtu.be/-C_VNM1Vd0)

Dr. Andrew Weil on whether breathing exercises can change your health.

<https://youtu.be/SQf53VLXNsU>

How To Perform the 4-7-8 Breathing Exercise | Andrew Weil, M.D.

[https://youtu.be/YRPh\\_GaiL8s](https://youtu.be/YRPh_GaiL8s)

### **Other Practice Videos on Breathing**

#### **TED Talk-Breathing Happiness/Emma Seppala**

Breath -- Five minutes can change your life | Stacey Schuerman | TEDxChapmanU.

[https://youtu.be/hFcQpNr\\_KA4](https://youtu.be/hFcQpNr_KA4)

### **Discover Calm - The App for Meditation - calm.com**

Begin each day with The Daily Calm, a unique 10-minute meditation every day. I have this App on my phone and enjoy at night as well as during day . I also use the Stop, Breathe and Think App. I think you will like them.

**Stop, Breathe & Think** 4+ Stop, Breathe & Think is an award-winning meditation and mindfulness app that helps you find peace anywhere. It allows you to check in with your

how you feel. Our personalized meditation and mindfulness experience won the 2017 Webby

Cosmopolitan, Marie Claire and many more.

<https://apps.apple.com/us/app/stop-breathe-think/id778848692>

Your Portable Guide to Stress Relief - Take the sting out of 10 common stressors

[https://www.health.harvard.edu/PDFs/Stress\\_Relief\\_Guide.pdf](https://www.health.harvard.edu/PDFs/Stress_Relief_Guide.pdf)