



Deree Staying Safe, Healthy and Well during Covid19- Part 2

In response to this unprecedented public health challenge, with its social and economical impacts felt by all of us, we must all be pro-active, diligent and responsible for ourselves, our families, and our communities, locally and globally.

Besides religiously following the directions of the specialists, we should also take care of what we can control: eating healthy food, exercising, sleeping, resting, releasing stress, meditating and doing anything that makes us vibrate at a higher level, where we feel grounded despite our anxiety and fear of the unknown.

Here is another idea:

Go out for a walk/jog/run! After all you have been thinking about it now it is the time to do it.

Here is how:

- Put on your running shoes
- Send the following message to 13033

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Your name

Your Address

- Wait for the confirmation and go out as long as we are allowed to
- Walk, run, or combine both as long as you elevate your resting heart rate
- Start with 10 minutes, 15, 20 and increase gradually always listening to your body
- Go home, do some stretching exercises
- Have a shower
- Start your day energetically and positively

Please find our motivational video here:

<https://www.facebook.com/103349043063387/videos/217794222772182/>

Find out more on our website and Blackboard under ACG Health & Wellness Center, A-Z Health Topics Know the Facts

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For more information contact Sophie Themelis
at 210 600 9800 ext. 1700 or @ s.themelis@acg.edu, Wellness Center, DC 205

