



TARGET TIPS

HEALTHY AT HOME

Staying on track can be difficult at any time and being home-bound can add a daunting challenge. A significant change in routine can threaten exercise, nutrition, and mental health, but you don't have to throw your long-term goals out the window. Consider the following strategies to keep your mind and body healthy.

Routine is everything. Being home-bound must not become an excuse for letting all the structure in your life fall apart. If you don't keep your life in order, everything in it will follow the path of least resistance, including your diet and exercise. Take time to plan and prioritize your daily schedule. Be aware that you may be tempted to take your meals earlier or later than usual. Don't give in! A well-balanced routine, complete with time for exercise, hygiene, and self-care activities, will allow you to maximize your time without losing track of your fitness goals.

Hydrate, hydrate, hydrate. When working from home, you might find yourself looking for a snack more often than you otherwise would. Instead, take a moment to have a nice, long drink of water, then wait a few minutes to see if you feel satisfied. Thirst can often be mistaken for hunger. Keep a water bottle handy throughout the day and drink often.

Plan ahead. In a home-based scenario, you'll be tempted to neglect your regular food planning and preparation. The problem is that, after a few stressful hours of work, it will be much easier to reach for a carton of ice cream or a bag of chips than it will be to choose and prep a healthier alternative. Slice vegetables, whip up some hummus, stock up on fruit to munch on, and do it before you begin your workday. Make it easy to reach for something you won't regret later.

Are you hungry, or bored? Many people tend to reach for food, especially sweets and comforting carbohydrates, when distracted, worried, or just bored. Take time for introspection and learn to recognize when you're really hungry and when you just want to pass the time. Come up with a list of things you can do instead: take a walk, call a friend, or read a book.



METABOLISM MATTERS

It has never been more important to know your resting metabolic rate (RMR) than when your normal routine is interrupted. Remember that your RMR is an indication of how many calories your body burns just to stay alive, and so is markedly less than your caloric burn during exercise. If your workout routine is minimal, adjust your dietary intake accordingly. Otherwise, be sure to work off the extra snacks! Don't let the calories get ahead of you.