

— CONSUME A BALANCED DIET

Follow the recommendations from the USDA's MyPlate initiative. A balanced diet ensures your body is getting the essential nutrients it needs to keep you healthy. Aim to fill up half of your plate with fruit and vegetables. Choose whole grains over processed refined grains. Include a lean source of protein at every meal and consume low fat dairy products or calcium and vitamin D fortified foods.

— EAT MINDFULLY

As you may be spending a lot more time in the house, it can be easy to end up mindlessly snacking. This has the potential to lead to excessive calorie, sugar and saturated fat intake which may lead to inflammation in the body. Here are ways to practice mindful eating...

- In a bowl, portion out snacks based on the serving size instead of eating out of the bag
- At meal times, sit down and avoid distractions from TVs, computers and phones. Simply focus and reflect on the food in front of you.
- Instead of snacks filled with empty calories like potato chips, cookies and pretzels, opt for nutritionally dense snacks. Examples include sliced apple with nut butter, veggies and hummus or Greek yogurt topped with fresh berries. These snacks tend to be more filling and satisfying which can help you steer clear of grazing on snacks throughout the day.

— STAY HYDRATED

Nearly all of the major systems in our bodies depend on water. In order to keep your body and mind healthy and running smoothly, proper hydration is essential. Be aware of the signs of dehydration which include: thirst, lightheadedness, decreased urine output, dry mouth, fatigue, headache, dizziness and/or confusion.

— EXERCISE REGULARLY

If you have not already, pick up a daily exercise routine. Regular exercise has various physical and mental benefits. Walking, bodyweight exercises, chair yoga and stretching are all great ways to increase your physical activity throughout the day.

Remember to always check with your doctor before beginning any new exercise regimen.

— GET ENOUGH SLEEP

Sleep is vital to every person's wellbeing. Getting enough sleep is essential for your body to repair, regenerate and recover itself in order to be ready to take on the next day. Aim to get 8 hours of sleep every night. Developing a regular sleep schedule (going to bed and waking up at the same time every day), avoiding caffeine and naps in the late afternoon and daily exercise are ways to improve the quality of sleep you get every night.

