



April 2020

QuickTakes

Working (Out) From Home

With gyms, fitness centers, and yoga studios temporarily closed, and most of us forced to stay on the couch, it can be difficult to stay active and maintain our exercise regimens.

But regular physical activity can do wonders for our mood and mental health during these stressful times, so it's more important than ever to get a workout in where you can.

Read on in this newsletter to learn a few tips to fit in a workout while working from home, and some online resources to get you started.



Staying Active While Self-Isolating

As we continue to quarantine, it's imperative we maintain our physical and mental health. One of the best ways to do this is through regular exercise and activity, a practice that's unfortunately easier said than done during self-isolation. Our regular gyms and fitness studios remain closed, and while most stay-at-home orders allow for the occasional jog, going outside for long periods of time is still high risk (especially without a face mask). On top of this, many essential workers and caretakers find themselves strapped for time now more than ever before, as they juggle new responsibilities brought on by COVID-19.

But while staying active and keeping up with your personal fitness goals is definitely more difficult than before, it's still not impossible. Here are a few tips to help you work up a sweat from home, without cutting into a potentially jam-packed schedule.

Use your commute time. Though it's true our new lifestyles have taken up more of our time than anticipated, the majority of us have had one major time-eater struck from the routine: the commute. Before or after your workday, set aside that amount of time you would spend in the car or on public transit and use it to do an at-home workout or brisk walk around the block.

Dress for success. Another work-from-home benefit is a (slightly) more relaxed dress code than your company would typically enforce. Take advantage of this by wearing your exercise clothes while working from home, so it's easier to transition to exercise when you're off the clock.

Be kind to yourself. Remember that exercising during quarantine is as much about your mental health as it is your activity level. It's important not to counteract that with negative self-talk if you miss a workout or can't meet the same fitness goals you had set pre-isolation. Any exercise is better than none, so don't beat yourself up if all that happens some days is a walk around the house.

Try some of these workouts. The good news about working out remotely is that you don't need a home gym or high-tech exercise bike to get a quality workout in. Countless gyms and fitness studios are streaming workouts or classes on Instagram, YouTube, and other platforms—it's the perfect solution to either maintaining your usual routine or trying something new.

When we experience negative moods, we inevitably turn to coping mechanisms to help us deal with these difficult, and often complicated, emotions. Coping is natural, but there are healthy and unhealthy ways to do it. Here are few coping techniques to avoid, especially when you're isolating due to COVID-19:

- The popular gym Planet Fitness hosts 20-minute “work-ins” every day at 7 PM EST, right on its Facebook page. (<https://www.facebook.com/planetfitness>)
- Yoga with Adriene was already a popular YouTube channel before quarantine. Now, she has over seven million subscribers, and her videos have become the go-to for those of all skill levels looking for online yoga and meditation classes during this difficult time. (<https://www.youtube.com/user/yogawithadriene>)
- For those looking for something more intense, Barry's Bootcamp posts 20-minute band and bodyweight workouts on their Instagram every day. (<https://www.instagram.com/barrys/>)

Apricot-Sage Chicken With Carrots Serves 4

//// You can also thin the preserves in a small saucepan over medium heat and brush over roasted pork tenderloin, salmon fillets, or a rustic apple tart. A little butter stirred in at the end adds body to the sauce.

INGREDIENTS

- 1 tablespoon olive oil
- 4 (4-oz.) skinless, boneless chicken thighs
- 3/4 teaspoon kosher salt, divided
- 3/4 teaspoon black pepper, divided
- 1/2 cup unsalted chicken stock
- 1/4 cup apricot preserves
- 1 tablespoon Dijon mustard
- 2 cups thinly diagonally sliced carrots
- 4 teaspoons finely chopped fresh sage, divided
- 1 tablespoon thinly sliced garlic
- 2 tablespoons unsalted butter

DIRECTIONS

1. Heat olive oil in a large skillet over medium-high. Sprinkle chicken with 1/2 teaspoon salt and 1/2 teaspoon pepper. Add chicken to pan; cook 3 minutes per side or until browned (chicken will not be cooked through). Remove chicken from pan (do not wipe out pan).
2. Combine stock, apricot preserves, and mustard in a bowl, stirring with a whisk. Add carrots, 1 tablespoon sage, and garlic to pan; sauté 4 minutes. Add apricot mixture and chicken to pan; reduce heat to medium, cover, and cook 8 minutes or until chicken is done.
3. Remove pan from heat. Place chicken and carrots on a platter. Add remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, and butter to pan, swirling until butter melts. Spoon pan sauce over chicken; sprinkle with remaining 1 teaspoon sage.



NUTRITIONAL INFORMATION

313 Calories
14 g Total fat
5 g Saturated fat
8 g Unsaturated fat
642 mg Sodium
22 g Carbohydrates
3 g Fiber
13 g Sugar
24 g Protein