

April 24, 2020

Hi Everyone,

Thank you for your commitment to staying home and reducing physical interactions throughout spring term.

Social distancing strategies can take a toll on our physical health, social connections, and personal wellbeing. Here are our top five strategies, with helpful apps, to overcome these challenges and bring back control to your life.

**1. Build a Routine.** Develop recurring to-do lists that lead to healthy habits. Be sure to include regular sleep times, targeting 7-9 hours each day. This will ensure you have the energy and focus you need to be active throughout the day.

**Recommended App: Productive**

Productive will coach you through small steps towards healthy habits. You can track good habits like flossing, eating healthy foods, and performing yoga.

**2. Maintain a Balanced Diet.** Fuel your body with the things you need to stay focused on school and more active during your free time. If nutrition is something you've struggled with, EWU's Dining Services can help. Contact Natalie Stine at [nstine@ewu.edu](mailto:nstine@ewu.edu).

**Recommended App: MyFitnessPal**

MyFitnessPal allows you to record the food you eat each day, tracking micro and macro nutrients. This app also allows you to see your calorie intake and compare it against your energy output for the day.

**3. Dedicate Time and Space.** Designate different spaces in your home where you work, exercise, eat, and sleep. Do the same with your daily schedule: identify and protect your times for work, play, and exercise (aim for at least 150 minutes of moderate exercise per week).

**Recommended App: Outlook**

Outlook enables you to keep tabs on your school and personal email while also managing your personal schedule.

**4. Engage Supportive Communities.** Active lifestyles are easier to maintain when you are a part of a supportive community. Keep in touch with your communities by following [#EaglesOutside](#) on social media or simply calling a friend to talk while taking a walking break outside.

**Recommended App: Strava**

Strava allows you to follow people in your local community and participate in various challenges. Check out the Eastern Washington University club on Strava to see other members of the EWU community who choose to be active.

**5. Embrace the Virtual.** Several health and fitness companies have stepped up to help support active lifestyles through virtual platforms. Many of these platforms are specifically for college students. Below is a list of resources that can ease your transition into a “Stay Home, Stay Active” lifestyle.

**Recommended Apps:**

**Les Mills On Demand** - Free access to over 100 at home workouts.

**Down Dog** - Free access to yoga workouts when you login with your EWU email.

**Nike Training Club** - Free access to multi-week training programs.

Contact Chris Hoppe, Associate Director of Campus Recreation, at 509.359.7394 for more information. The Campus Recreation team is here for you through this challenging period.

You got this.

Chris Hoppe – Associate Director of Campus Recreation