



***10 THINGS
YOU CAN
CONTROL DURING
THE COVID-19
CRISIS***

#3 MIGHT SURPRISE YOU!



1: NOURISH YOUR BODY



WE HAVE CONTROL OVER HOW WE'RE FUELING OUR BODIES WHEN IT COMES TO FOOD + LIQUIDS!

- Make half of your plate veggies at lunch and dinner.
- Follow the Plate Method: 1/2 plate non-starchy veggie, 1/4 plate lean protein, 1/4 starch.
- Do a pantry clean out. If it's not in the house, you can't eat it!
- Limit consumption of processed foods. Stick with the perimeter of the store.
- Eat 3 meals consistently per day.
- Decrease consumption of sugar sweetened beverages.
- Drink 80-100 ounces of water each day.
- Decrease alcohol consumption to 4 drinks per week max.

[CLICK HERE FOR DIETICIAN
APPROVED RECIPES!](#)



MOVE YOUR BODY!

- Movement is one of the best mental health strategies that exists!
- Find a workout accountability buddy and FaceTime during workouts,
- Join our "Stay Healthy Tampa Bay" Facebook page for at-home workouts!
- Add workouts to your calendar for a visual reminder,
- Keep a routine.
- At a minimum get outside and walk for 30-45 minutes!



#3: ACCEPT

#2: MOVEMENT



WE NEED TO ACCEPT THIS "INTERRUPTION".

- We must accept that this is an "interruption" to our normal routine. The sooner we do that the sooner we move forward!
- Stress and anxiety are on the rise, and rightfully so!
- Try journaling 1x a day
- Incorporate meditation into your routine-even just 5min helps!
- Reach out to a friend/family member for help!



#4: CONNECT

NOW MORE THAN EVER WE NEED TO START PICKING UP THE PHONE AND CALLING LOVED ONES!

- Download Zoom or use FaceTime to keep in touch with family members and loved ones!
- Host virtual happy hours, show and tell for the kids with their friends, enjoy a cup of coffee and breakfast with a loved one!
- Make sure older members of your family/friends/neighbors have what they need so they don't need to worry about venturing outside.
- Haven't heard from someone whom you normally hear from? Reach out!



#5: NEW ROUTINE

CREATE AND STICK WITH A NEW AT HOME ROUTINE!

- People need structure and things to anticipate
- Establish a set schedule for when you will wake up, work, workout, and eat then do the same for your children if they are home with you
- Shower & get dressed for the day as you normally would! How we look affects how we feel.
- We know it's tempting to stay in sweatpants all day and eat ice cream for breakfast but that will only add to our psychological and immune stress.
- Save favorite TV series for evenings and weekends for something to look forward to!
- New routines will eventually begin to feel like the new norm.

A man with a beard and a black cap is performing a yoga pose in a grassy yard. He is wearing a black tank top with a graphic that includes the words "FALLEN WARRIOR" and "PROTECTIVE SERVICES FOR VETERANS". He has tattoos on both arms and is wearing a watch on his left wrist. His arms are extended horizontally to the sides, and his legs are in a wide, low stance. The background shows a house with a grey roof, a yellow fire hydrant, and lush green trees under a clear sky.

TODAY I
WILL NOT
STRESS OVER
THINGS I
CANNOT
CONTROL.

- COVID-19

TAKE THIS OPPORTUNITY TO LEARN!

- A lot of us are finding ourselves with a lot of extra time on our hands.
- Sign up for an online class. Do a simple Google search to see all the options out there.
- Start a virtual book club with friends/family.
- Maybe learn to ride a scooter.
- Start and FINISH projects around the house you've been meaning to get around to for ages.

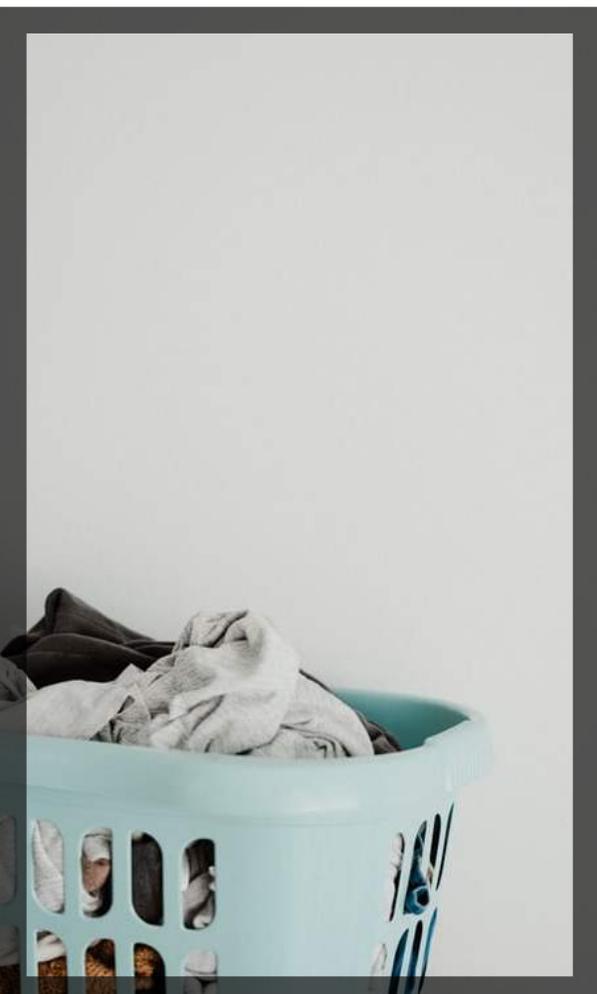
#6: LEARN



#7: ORGANIZE

HOW'S YOUR CLOSET OR GARAGE LOOKING?

- Start a list of things you've been meaning to do around your house and **START DOING THEM!**
- Clean out your garage, closets, etc.
- Research what local charities are in need and donate your unwanted items.
- Once you clear out some clutter in your home you'll be amazed how much better you feel.
- Might also give you/your family members a little more room to breathe!



#8: LIMIT SOCIAL MEDIA + NEWS

NEGATIVE EXPOSURE TO NEWS AND SOCIAL MEDIA CAN TAKE IT'S TOLL ON OUR MENTAL HEALTH.

- Manage your social media and news intake.
- Set a timer when you go on social media and hop off when that alarm goes off!
- Set screen time so you are kept accountable for your desired limitations.
- When you start feeling overwhelmed try yoga, easy stretching routines or other relaxation techniques!



#9: GET OUTSIDE

BEING COOPED UP IS BOUND TO STRESS YOU OUT.

- Make going for walks a regular part of your day, Schedule them in!
- Write encouraging messages in chalk at the end of your driveway for the walkers/runners to enjoy.
- Give other family members and yourself some space by doing 1 solo walk per day.
- Remember to stay 6' away from others during this quarantine time if venturing out of your neighborhood.





10: ASK FOR HELP

RECOGNIZE THAT IT'S OK TO FEEL DOWN
DURING THIS CONFUSING TIME.

- It's perfectly normal to feel distressed during these difficult times, and talking to someone about it can be helpful.
- In addition to speaking with loved ones, don't hesitate to seek professional mental health support.
- Taking care of yourself mentally will help enhance your immune system.
- Consider having a remote appointment with a mental health professional via telehealth.



CIGAR CITY CROSSFIT

REMOTE TRAINING + NUTRITION

HERE'S WHAT OUR CLIENTS HAVE TO SAY!

“

"The virtual at home classes have been such a blessing to me in so many ways. It's great to be able to break a sweat during this more sedentary time, workouts include minimal equipment that's easy to find in your average home, and I still get to see my friends beautiful faces. Best 45 minutes of the day!"
-Hannah K.

“

"The at home wod gives us a simple wod that we can do at our parking garage after work! We need something to to destress after a long shift at the hospital!"
-Badal T.

“

"For virtual classes; they are a godsend for me. I'm an extrovert, CrossFit worked for me BECAUSE of the people and the coaches. Virtual classes keep me connected and accountable during a time it would be very easy to lay around and lose everything I've worked so hard for."
-Brittany P.

“

"Cigar City coaches have, yet again, infiltrated my life -- even now without physical gym access. They've made home fitness and WELLNESS accessible, defying all naysayers in this turbulent environment that we're now forced to endure."
-Mike S.

[Click here to book a free virtual call!](#)

CIGAR CITY CROSSFIT

REMOTE TRAINING + NUTRITION

OUR 3 STEP PERSONAL TRAINING AND NUTRITION COACHING PROCESS...

1

BOOK A VIRTUAL FREE CALL

There is a lot of mixed information when it comes to exercise & nutrition. At Cigar City Crossfit, we meet you where you are, and formulate a custom plan for you!

2

WE CREATE A CUSTOM PLAN FOR YOU!

Meet with an expert nutrition coach virtually and begin sessions as soon as you'd like. We focus on accountability & motivation to help you reach your goals.

3

YOU GET RESULTS!

Transform your body & mind with the ongoing support and accountability from your private online coaches. We'll lead you every step of the way!

[Click here to book a free virtual call!](#)

