

# myFitness NEWS

*For all myFitness Waterloo Member & Sun Life Employees*



## Weekly Recap

This week was filled with sudden, uncertain changes for all of us, including myFitness Waterloo. We have quickly adapted to bring what you LOVE about myFitness right into your homes with daily group fitness classes & virtual stretch breaks every single day.

We've proven that great workouts can happen right from your home office and it's probably more important than ever to be exercising then it ever has been before.

- We hosted 3 Facebook Live Fitness Classes at 12pm Wednesday, Thursday & Friday
- We hosted 2 stretch breaks, 11:30am on Zoom
- We ran a Live Instagram workout
- We posted daily fitness challenges on Instagram
- Workds of Wisdom are being posted over on Facebook

While we are not at the facility, we are still here to answer your questions and are available via email. Please be in touch with the General Manager Amanda Browning at [abrowning@myfitnesswaterloo.ca](mailto:abrowning@myfitnesswaterloo.ca)

## Staying Healthy at Home

When we work outside our homes, we tend to have a better schedule. We might eat fewer snacks since we don't have access to them. Maybe we workout before, after or during working hours. We keep our work spaces clean and organized because all we use them for is work! All these things lead to us having a better mind set, maintain our weight, and feel less stressed.

Now that we are taking time to shift and work from home, how can we maintain our health?

This week is all about setting up a schedule! Create a schedule and stick to it.

- Decide and write down all that you need to accomplish in the day
- Schedule out everything from wake up, lunch and snack time, stretch/walk time and workout time
- Make sure you drink enough water to boost energy and motivation throughout the day
- Wake up at the same time each day
- Be firm with your scheduled amount of working hours

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# Mental Health and Working at Home

Working from home, especially when we are being so cautious to socially distance ourselves from others, can be mentally challenging. We lack our ability to talk face to face with coworkers, and might be spending lots more time with our families we simply are not used to. Here are some tips to help you stay well, while you work from home!

1. Find ways to use technology to see faces

Video chat with friends and family, do a virtual live class where you can share your face, have a work meeting with the cameras ON!

2. Spend time doing meaningful things

We might be used to getting home, getting dinner made, and then sitting with the TV to Netflix and chill! Instead, grab a boardgame, cards, or book and get more involved with OTHER activities

3. Get Outside

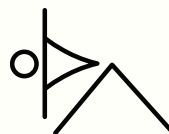
The weather is getting better, so go for a walk or even enjoy your morning coffee on the patio!

4. Stay Active

Physical activity helps release feel good endorphins. If your favourite gym or class has been closed or cancelled, find other means of exercise to help keep your brain happy

## Weekly Group Fitness Schedule

- Monday - 9:30am Instagram Challenge
- 11:30am Stretch Break - Zoom
- 12:00pm TABATA workout - Facebook Live
- Tuesday - 8:00am Workout - Instagram Live
- 9:30am Instagram Challenge
- 11:30am Stretch Break - Zoom
- 12:00pm HARD CORE workout - Facebook Live
- Wednesday - 9:30am Instagram Challenge
- 11:30am Stretch Break - Zoom
- 12:00pm Cardio Boxing workout - Facebook Live
- Thursday - 8:00am Workout - Instagram Live
- 9:30am Instagram Challenge
- 11:30am Stretch Break - Zoom
- 12:00pm HARD CORE workout - Facebook Live
- Friday - 9:30am Instagram Challenge
- 11:30am Stretch Break - Zoom
- 12:00pm TABATA workout - Facebook Live



[www.myfitnesswaterloo.ca](http://www.myfitnesswaterloo.ca)



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## WEEKLY CHALLENGE

The challenge this week is simple: **Drink 64oz of water each day.**