

# HEALTH from HOME: Resources

## Weighing Meal Delivery and Meal Kit Solutions



When juggling work deadlines and meetings, homeschool and family mishaps, and finding time to practice a little selfcare, the last thing you may want to do is worry about what's for dinner every night.

Enter a variety of meal delivery services to break up the challenge of getting dinner on the table. The services range from frozen, processed dinners to a kit of healthy ingredients you cook at home. Weigh the pros and cons as you consider taking advantage of a meal solution service.

### ONLINE GROCERY ORDERING TIPS

Review your pantry first, refrigerator and freezer. Try to purchase enough items to feed your home for at least two weeks, include meals with useful leftovers for additional meals! Be sure to replace essentials, like snacks and household needs, as well.

Check your store's website often and reserve a time to pick up items curbside, or a time for delivery at home.

### DELIVERY SOLUTION COMPANIES

Blue Apron . HelloFresh . Sun Basket . Chef'd  
Hungry Root . Plated . Purple Carrot . Freshly  
Plantable . Terra's Kitchen

Look locally. There may be personal chefs or restaurants in your area that offer services as well.

Options may vary depending on your location. Before choosing what's right for you, consider:

Are there prepared food options available in the grocery store that could cut your time in the kitchen, but perhaps save you money or improve nutrition compared to delivery?

How does the price compare? Is the time and effort you're saving ACTUALLY worth the price tag?

Are you really saving time? If you're trying to cut the challenge of thinking about a meal, yes. If you're looking to use your time most efficiently, likely not. Some meals take 45 min to cook and no leftovers to repurpose.

Check the nutrition facts. Some lower-quality prepared dinners will be well over 1000 calories per plate, while other veggie-based dishes might only provide 250.

Consider your goal. Meal delivery might be for you if you have a healthy food budget, can handle stand alone meals without leftover and are aware of nutrition facts.



# HEALTH from HOME: Resources

*Exercising Streaming Reviews with Doni Lenhart*

## PELOTON

Available Platforms: Bike, Treadmill, iOS, Android, Roku, FireStick/Amazon TV, Web

### Description:

*"Your pass to thousands of live and on-demand classes—anywhere, anytime. Get what you need to meet your goals, with a mix of running, strength, toning, cycling, yoga, meditation and outdoor workouts. Enjoy a fully immersive experience with the connected bike and/or tread, and unleash your full potential."*

### PROS

With your subscription you get total access to programming: Yoga, Strength, Cardio, Treadmill, Outdoor, Cycling, Bootcamp, Meditation and Stretching. The extensive library makes it easy to create your own schedule and link classes: A 10-minute warm up to get the heart rate up, a short strength session and finish with stretching or a cool down. There are over 20 instructors so it's easy to find one that fits your style.

### CONS

For the full experience you do need to have one of the connected pieces of equipment, which not only come with a large price tag but also require a monthly subscription of \$39 in order to enjoy the programming on the built in screen. Peloton also has a great apparel boutique and drops new lines every month or two; not really a "con," per se, except that it is addicting...I want all the things. Let's just say - you continue to spend money after the purchase.

### Why I like it:

Peloton offers the most complete wellness platform for a reasonable price tag, especially if you just get the Digital app subscription. There's no upcharge for "premium" level programming - you get access to the full library, and new classes are added daily. Being able to stream live classes is a HUGE bonus, with the instructors having full visibility to the leaderboard - who's in class, celebrating milestones or birthdays, etc; they're giving shout outs and the other participants are handing out digital high fives. It really motivates users to punch it up a notch. Missed the live broadcast? No problem. It's typically available to stream on demand within a few hours. The bike and tread enhance the experience by providing real-time stats during the ride, tracking your progress over time, and giving access to more leaderboard features. Plus, I have yet to find a platform that incorporates the social component so seamlessly. Give it a try. Right now, you can get the app for free for 90 days. Or, maybe you go crazy and invest in the bike and/or tread knowing there is a 30-day in-home trial.



**DO SOMETHING  
TODAY THAT YOUR  
FUTURE SELF WILL  
THANK YOU FOR.**



# HEALTH from HOME: Resources

## Exercising Streaming Reviews with Doni Lenhart



### DAILY BURN

*Daily Burn is a comprehensive online fitness service that offers extensive workouts.*

#### Pros:

Multiple, well-rounded programs with a focus on safety.

"Daily Burn 365" live broadcast to help demonstrate modifications and motivate users.

Subscribers get free access to an online blog with a wealth of information and fitness tips.

#### Cons:

Membership levels limit content access, with premium access at \$26.99 per month.

Slow to release new programming, which can be frustrating if you tire of what is available

Specific Running, Yoga and HIIT content is available but only with a separate subscription.

**Why I like it:** Daily Burn was a pioneer in fitness streaming and has a variety of programs. It is one of the best for beginners who might need a little more guidance, and even experienced athletes looking to discover different modalities will find something here. The platform even makes it easy to personalize and string different workouts together. New users start by completing a short survey to identify their current fitness level and goals; the platform then makes some programming recommendations and off you go. Users can follow multiple programs, and switch to new ones at any time. The app also sends nudges and reminders to keep you going.

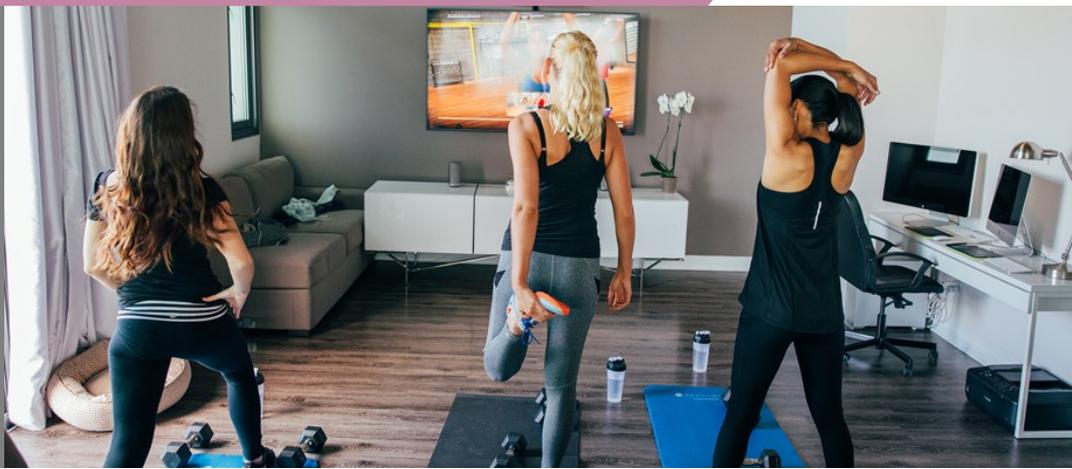
### BEACHBODY ON DEMAND

Get access to some of the most popular and proven workout programs from the creators of Daily Fix, P90X and Insanity.

**Pros:** A single subscription at \$14.99 per month. Little or no equipment required. Calendars to allow combining programs. Access to "Fixate", a cooking program.

**Cons:** It's VERY program heavy and the marketing is stale. Difficult to create my own regimen and find individual workouts. Beachbody relies heavily on their "coaches" (independent business owners) to connect with and motivate users, which is optional.

**Would I recommend it?** Not really. I know there are some diehard true believers, however it feels like they keep repeating the same content. Beachbody focuses more on releasing complete programs that take weeks and promoting their Shakeology product(s). If you want a wide variety of programs that guide you through the entire way, this is a good option; if you want something more complete, with access to audio-only content, I would recommend something else, like Peloton digital.



# HEALTH from HOME: **RESOURCES**

## **Beyond Normal: Pursing a New (And Better) Normal with Circle Wellness**

A free podcast series, where leading experts in physical, mental, social and financial wellbeing extend empathy and guidance as we pursue a better normal during and after this crisis. Two podcasts are released each week, so check back often!

Visit [www.circlewellness.com/thebigknow](http://www.circlewellness.com/thebigknow) to listen in.

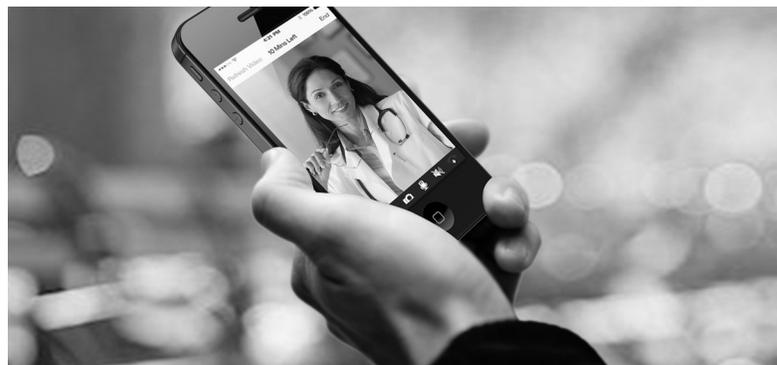
## **Boost Behavioral Health**

Supporting family members, while trying to manage your own responsibilities and stress, can feel overwhelming.

### *Let Encompass work for you.*

Reach out to Encompass, Amway's Employee Assistance Program, and let them research and find resources to support your specific needs, whether it's child care, elder care, food delivery services, etc. They are also there to provide 24/7 counseling to support your emotional health.

*Encompass is available 24/7 at no cost to Amway employees and others living in their household.*



## **Virtual Healthcare Visits**

To protect others in your community, consider virtual visits before scheduling face-to-face appointments for non-life threatening symptoms.

Telehealth opportunities include:

- Blue Cross' 24-Hour Nurse Line
- Online Access to Your Primary Care Doctor
- Blue Cross Online Visits

Visit the Intranet FAQ or scan QR code for telehealth scheduling details:

