

# HEALTH from HOME: More With Less

**Doing MORE with LESS can lead to a richer life. Whether its fewer in-person connections, minimal exercise equipment or basic food items, you can maximize the QUALITY of your current activities and interactions.**

## REACH OUT TO OTHERS

Send cards to a local nursing home for residents unable to receive visitors. Create a conversation on social media by tagging friends and relatives asking a fun or leading question. Share snapshots of old photos, notes or cards from others as you go through drawers and old boxes. Write a handwritten letter and create a pen pal. Call 211 to inquire about needs in your community that you can meet from home.

## CONNECT

“Invite” friends & family to an organized virtual gathering

Try a virtual meeting

Zoom

Join.Me

GoToMeeting

Google Duo or Hangout

Skype

Try phone apps like:

FaceTime

Houseparty

Facebook Messenger

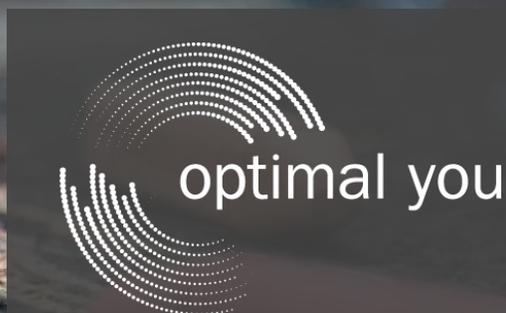
## CONNECT MORE

Connection is priceless during this time of social distancing. Loneliness affects everyone. Being part of a community helps us thrive and is important to our health.

**Though it looks different, social connection can still be fruitful. Get creative and find ways to help you thrive in this new setting.**

GET  
OUTSIDE

Encourage sidewalk chalk drawings. Post messages in your windows visible by anyone passing by. Play music on porches. Sit on the front lawn and say hello to neighbors from afar. Post a video and challenge friends to a virtual jump rope contest.



# MAXIMIZING BASIC MOVEMENTS

## Making Progress Outside the Gym

Working out from home forces us to implement new techniques into our training to continue making progress outside the gym. Besides increasing intensity by increasing repetition counts, a method that can be effectively used from home is increasing time under tension. This is commonly used to spur muscle growth and/or strength by increasing the time a muscle is under strain during an exercise. Slowing down movements will also help improve mind-muscle connection, improve focus during exercise and has the potential to address nagging aches and pains by fixing muscular imbalances that are exacerbated with heavy weights.

## Time Under Tension Variations

Try these five methods with the bodyweight squat (reviewed at the right) or other bodyweight exercises to maximize your at-home workout.

**Pause Squat** At the bottom of each squat, pause for some time. Start with three seconds and increase as you build endurance. While paused, keep tension in glutes/core and avoid knees collapsing inwards. Focus!

**One-and-a-half Squat** At the bottom of the squat, push up only halfway then return to the bottom position. Then, push up to the top position. That is one rep – you'll feel the burn in no time.

**Pulse Squat** At the bottom of the squat, push up 1/4 of the way. Return to the bottom and complete reps staying low, only coming up 1/4 of the way. Keep tension in the glutes, quads and core and keep knees from caving in.

**Slow Eccentric Squat** Focus on the eccentric (lengthening) portion of the squat, the descend. Squat down 2x slower than you return to the top position.

**Three-stop Squat** Pause for a count of one one-fourth of the way down, pause again half-way down and pause at the bottom of the squat. Return to the top and repeat.

## NEED A FORM CHECK?

Check in with the Optimal You Team for the correct form for your squat, pushup, plank and lunge. Follow posts on our Instagram and Facebook accounts and read a review on Tim DeBoer's blog ([linked in the More with Less tab on \*fitnessamway.com/health-from-home\*](#))



EVERYDAY IS ANOTHER  
CHANCE TO GET STRONGER,  
TO EAT BETTER, TO LIVE  
HEALTHIER AND TO BE THE  
BEST VERSION OF YOU.



# DO MORE WITH PANTRY BASICS

## Nutrition Staples Don't Have to be Boring!

As you aim to limit the number of outings to the grocery store, capitalize on everything basic pantry items have to offer. Staples can find new life with fun flavors and new techniques.

Tune into the *Optimal You* social media pages this week for more tips on using basic pantry items from you *Optimal You* Registered Dietitians, Wendy Brookhouse & Sarah Van Eerden.



### OATS

Trade standard oatmeal for a baked oatmeal dish. Add flax, pecans and cinnamon for additional nutrition and flavor.

Use oats as a base in easy, no-bake protein bites. Peanut butter, dried fruit and chia seed make these nutrient powerhouses.

Grind oats to make oat flour and use as a filler for bean burgers, falafel and meatloaf. The oats are absorbent and a good binder.

Bake oats for a DIY granola. Added seeds, spice and a bit of olive oil and honey make for a great breakfast or snack.



### BEANS

Mash beans with garlic, minced onion, dried herbs and a bit of olive for an easy spread for wraps, crackers or vegetables.

Make your own bean burgers at home. Most recipes use a binder like oats or flour, an egg, and added spices. Pan seer and enjoy!

Mix beans with chopped vegetables and a vinaigrette for an easy cold salad. Ramp it up with a whole grain and protein for a meal.

Garbanzo beans roast well alongside veggies in the oven. Toast them with your broccoli for a protein and fiber boost, and a new texture.



### LENTILS

Cut your taco meat with half the volume of cooked lentils. Flavor as normal. Going meatless?? Try lentils and walnuts as a base.

Mix cold cooked lentils into your chopped salad. They take a vinaigrette well and makes for a heartier lunch.

Try lentils as a sub for beef, exploring recipes for burgers, "meat" balls or lentil loaf. Add spices and vegetables for flavor!

Use lentils with any grain for a more interesting grain bowl. Top with roasted vegetables and seared protein for a balanced meal.



### CANNED TOMATO

Blend canned tomatoes as a start for your own pizza sauce, spaghetti sauce or chili base. Add garlic, onion and even balsamic vinegar.

Cook rice, farro or quinoa in canned tomatoes (undrained) for a new take on whole grains. Watch the water level, add as needed.

Try a recipe from a new cuisine. Have you made Shakshuka? What about Tikka Masala? Try your hand at Risotto or make a cajun skillet.

"Scald" the canned tomatoes until they become more aromatic and deeper red. This creates a richer flavor for your dishes.



LEARN HOW TO COOK.  
TRY NEW RECIPES,  
LEARN FROM YOUR  
MISTAKES, BE FEARLESS  
& ABOVE ALL HAVE FUN.  
JULIA CHILD



# HEALTH from HOME: **RESOURCES**

## The *Optimal You* Team is here for YOU

Changes in our daily schedule can bring changes to our health, fitness and well-being. Stay intentional and motivated as you adapt to new work conditions and habits with weekly tips and strategies from the *Optimal You* Team. Visit our **Health from Home** webpage often and join us on Instagram and Facebook. Details about joining our quest for health can be found at [fitnessamway.com/health-from-home](http://fitnessamway.com/health-from-home).

### Boost Behavioral Health

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

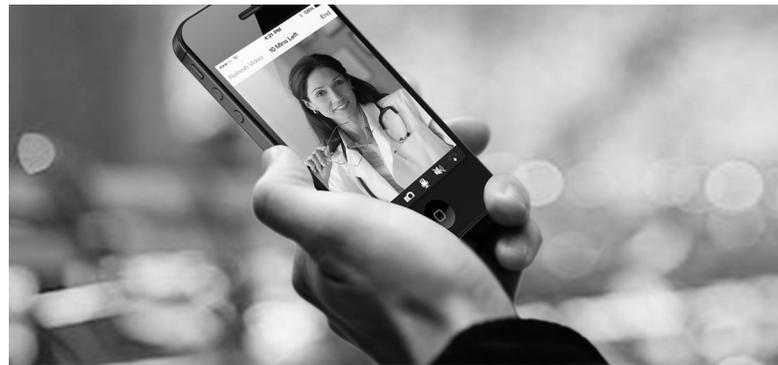
#### *Let Encompass work for you.*

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.*

Call 800-788-6830 or visit their website at [www.encompass.us.com](http://www.encompass.us.com).

Company code: amwalt.



### 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:

