

HEALTH from HOME: **PREPARE**

Messages from your *Optimal You* team:

FITNESS

As we adjust to new ways of working while practicing social distancing, it's important to incorporate structure into daily life. A schedule is important to stay productive and setting activity goals each day is crucial to health during this time.

Overcoming barriers starts with preparation. Take a few minutes at the beginning of the week and write down goals, like a number of steps per day stretch breaks, 10-minute mini workouts or an hourly lap around the living room. Don't forget to include your kids, spouse and even pets! Going on a morning walk outdoors can be a refreshing way to start the day and get quality screen-free time.

Scheduling active breaks throughout your day can help create a healthy routine that will be increasingly important as we spend more time at home. Stay tuned for home workouts and stretch break ideas from the *Optimal You* Team that include you and your whole family!

NUTRITION

Prepare your kitchen pantry and freezer for extra time at home. While there's no need to hoard months worth of food, a bit of extra planning can ensure you can spend more time at home and less time at the grocery store. Be sure to check out our Pantry Guide on fitnessamway.com and take the first step: complete an inventory of what's already on hand. It's key to know where you're starting before deciding where you'll go.

As we share healthy meals through the weeks ahead we'll help you get creative by thinking outside the (literal) box! Pasta isn't married to spaghetti sauce, canned beans aren't just made for chili, and oatmeal can be paired with so much more than brown sugar. Each week, you'll find a quick video and Nutrition News on fitnessamway.com with ways to keep healthy eating easy and interesting with cooking tips, recipes and more!

WELL-BEING

As you explore your 'new normal' during this work-from-home season, consider areas that may need more attention, or a different type of support.

Be on the Move! Is it time to change your scenery but you're dreading packing up your tools? Fill a container with mobile office items; computer, paper, pens, charger, mouse pad, water bottle and relocate as needed.

Stuck in a rut? Switch up your schedule with brain breaks and recreation time at home to help redirect and revitalize you.

Need a plan? Working from home may involve a new direction. Organize responsibilities into a schedule. Write a daily 'to-do' list of work, home and personal tasks, and be sure to include time to decompress as needed. Even five minutes of quiet meditation is shown to decrease stress and blood pressure.



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.

Boost Behavioral Health

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

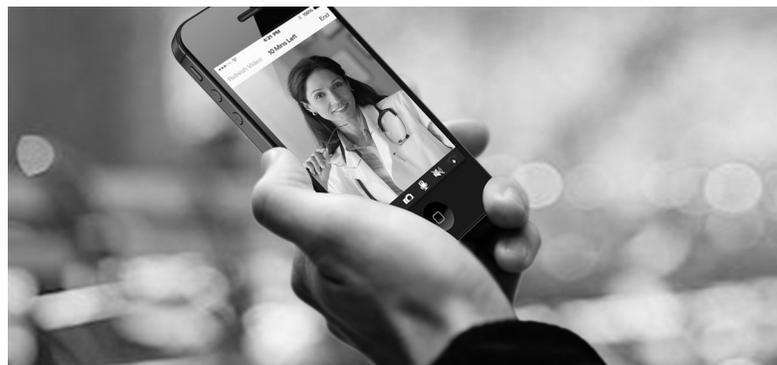
Let Encompass work for you.

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.

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:

