

5 tips to stay fit in quarantine



COVID-19 cases emerging daily, staying at home in self-quarantine is requested by the Government. Public parks and fitness centres where individuals are normally active are also temporarily closed. This is a significant challenge for us to remain physically active, with prolonged lockdown period. If you continue with sedentary behaviour and

low levels of physical activity, it can have negative effects on the health, well-being and quality of life. Staying at home in self-quarantine can also cause additional stress and challenge the mental health of individuals.

Creative shares a few tips and techniques that can be a valuable tool to help you remain calm and continue to protect your health during this time

Eat Clean: When there is less availability of ready to eat food resources, take advantage of it. Drink enough water instead of sugar-sweetened beverages. Limit or avoid alcoholic beverages for adults and strictly avoid these in young people, and pregnant and breastfeeding women, or for other health reasons. Ensure plenty of fruits and vegetables, and limit the intake of salt, sugar and fat. Prefer whole grains rather than refined foods. Sugary foods will result in an excess of carbohydrates.

It is important for individuals to get a balanced mix of all three macronutrient groups – carbohydrates, fats and proteins because each serves important purposes in the body.