Coping with COVID-19: Nutrition and Fitness Strategies

May 13th, 2020
Topics

- Nutrition strategies
- Fitness strategies
- Your questions
Nutrition Strategies

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Coping with Covid-19 Nutrition Strategies

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What Does the Covid-19 Virus Mean to You?
• Self-Isolation; Alone; Time with Family/Friends
• Fear of Illness; Job Insecurity; Learning Different Ways to Conduct Business
• Fewer or More Distractions; More Productive?

How has Covid-19 Affected You?
• Increased Stress
• Change in Activities; Change in Routine; RMR
• More Time for Self and/or Family? Eating Better?
• Nutrition Impacted by all of the Above
Nutrition Strategies to Cope with Covid-19

What Can We Control?
- Boost Immunity
- Food Selection
- Our Meal, Snack & Hydration Routine
- More Homemade Meals

What is Out of Our Control?
- Limitations Enforced Related to Physical Isolation
- How Else Can I Cope (besides reaching for food)?
Nutritional Management to Cope with Covid-19

What Can We Control

- Food Selection / Food Safety
- 3 Balanced Meals vs Meals & Snacks
- Family Meals? New Recipes?
- Hydration – water, caffeine, alcohol
- Supplements for Immunity

Be Mindful of Your Intake (Foods, Fluids)

- **When** – Timing of Intake?
- **What** do you Consume?
- **Where** are you?
- **Why** are you Eating? Drinking?
Coping with Covid-19 Nutrition Strategies  

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How Can We Help You to Manage Your Nutrition During these Challenging Times?
Fitness Strategies

Jamie Wilkins
General Manager of Fitness & Movement Medicine
Fitness Strategies

Benefits of Physical Activity

Physical health

• Reduce risk of serious health conditions
• Build/maintain strength and mobility
• Support immune system
• Longevity

Getting started & staying motivated

• Do what you love!
• Set goals
• Set a routine
• Identify barriers
• Get support
Fitness Strategies

Benefits of Physical Activity

Mental health
• Reduce stress
• Manage symptoms of anxiety and depression
• Improve sleep
• Sense of control and achievement

Getting started & staying motivated
• Do what you love!
• Set goals
• Set a routine
• Identify barriers
• Get support
Fitness Strategies
Cardiovascular Health

Recommendations

• Moderate aerobic exercise
  • 150min per week
  • 50%-70% of max HR

• Vigorous aerobic exercise
  • 75min per week
  • 70% - 85% of max HR
Predicted HRmax

Example: Moderate

• HRmax = 220 – AGE
• HRmax = 220 – 45
• HRmax = 175bpm
• 50-70% = 87bpm – 122bpm

Example: Vigorous

• HRmax = 220 – AGE
• HRmax = 220 – 45
• HRmax = 175bpm
• 70-85% = 122bpm – 148bpm
Strategy

Moderate

- Brisk walk
- Hiking
- Swimming
- Slow resistance training
- Active living!

Vigorous

- Jog
- Bike ride
- Athletics
- Circuit Training/HIIT
- Active living!
Strategy

Moderate Activity – 150 minutes per week

• Minimum of 30 mins per day for 5 days per week

Vigorous Activity – 75 minutes per week

• Minimum of 15-25 minutes per day for 3-5 days per week
Fitness Strategies
Strength & Endurance

Recommendations

• Resistance exercise
  • Minimum of **2x per week**
  • Train major muscle groups
  • Train fundamental movements
  • Find what you like
  • Consistency is key
Fitness Strategies
Strength Movements

1. SQUAT (Bodyweight squat)
2. HINGE (Deadlift)
3. SPLIT (Lunges)
4. PUSH (Push up)
5. PULL (Back row)
6. BRACE (Plank)
7. TWIST (V-sit Twist)
8. Light cardio 2-5 minutes

• Perform a minimum of 1 set each for 12-15 reps OR 20-40 seconds
• Increase in time and # of rounds for more difficulty
Flexibility vs. Mobility

Flexibility (PASSIVE)

Mobility (ACTIVE)
Compensations in Posture

- Daily movement patterns determine your movement ability over time.
- Poor patterns and habits will lead to compensations.
- Overcompensation can lead to more pain or further injury.
Fitness Strategies
Mobility

Recommendations

• Daily mobility routines
• Reduce sit time
• Active over passive stretching
• Use it or lose it!

Example:

Elbow-to-Instep
With Rotation
With Hamstrings Stretch
Links

Mobility

• Hips: https://www.youtube.com/watch?v=nLuvQCTPrcY&t=6s
• Shoulders: https://www.youtube.com/watch?v=HiCnRk1_z5Q&t=27s
Questions?
COVID-19 resources

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