

# Health and Wellness Tips during Coronavirus #2

Health and wellness are essential components to a happy and healthy life and we're here to support you in elevating your culture of wellness. **Below you'll find WW resources you can leverage in your communications where and when you see fit (e.g., corporate newsletter, intranet, email, etc.) to help uplift and encourage your employees during these times of change.**

Due to social distancing and mandated closures buying extra supplies while shopping is ideal. However, the reality is not everyone has that flexibility in their budget. This week, we've curated the content to help employees as they strategize meal planning and physical activity within their means during these times of change.

## What's included:



### **[Eat Well: 40 creative recipes for frozen food](#)**

Frozen food that's picked and frozen after it's harvested has its advantages. It can retain even more nutrients than fresh alternatives and requires less cleaning and prepping. Share these tips and recipes with your employees to help them use the frozen ingredients they may have stocked up on.



### **[Eat Well: How to stock a healthy pantry](#)**

At these times, it may feel more and more challenging to have everything needed for mealtime success right at our fingertips. These tips can help your employees and their families load up on pantry staples that help make eating right simpler.



### **[Eat Well: 9 new ways to use canned fruits and veggies](#)**

With less frequent trips to the supermarket lately we may have started seeing canned fruits and vegetables in a whole new light. Used in the right types of recipes and preparation methods, these preserved picks can become culinary stars. Share these simple, creative spins with your employees.



### **[Stay Fit: 11 free workouts to stream from home right now](#)**

In this world where people are staying at home, many are missing their gym or favorite fitness class. A home workout can improve mood and boost energy levels. Share this list of free virtual workouts with your employees so they can practice social distancing and still break a sweat.

