



COVID WELLNESS TIPS

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[HTTP://TINY.CC/CCHSWELLNESS](http://tiny.cc/cchswellness)



WE ARE ALL IN THIS TOGETHER

GET MOVING

Due to the pandemic, our regular workout routine may have been sidelined and the volume of our physical activity has decreased. We are aware that Covid-19 made our world move less than before because of shelter-in place, social distancing, quarantines, and lockdowns. To stay healthy, relieve stress, reduce the symptoms of anxiety and depression, and boost our immune system function in the current environment, we need to maintain our daily physical activity routines.

Research has shown that even standing up for a few minutes or walking in your work office for **1 -2 minutes** rather than continuing to sit in your work chair helps your metabolism. **Sitting Less and Moving More** is an important strategy for healthy living during the pandemic.

According to **Kristin Moeller MD**, *“physical activity has been my life saver during COVID. Taking a family walk really helps clear my mind.”* We are sharing with you some **“Get Moving”** tips from our staff. See below.



SOCIAL TANGO, Kevin Critchlow, 4th year chief

“When sheltering-in place and stuck inside with hot weather, I like to work on my dance moves. There are lots of great Instagram live dance classes to choose from. @givethemhair does great salsa lessons. The Debbie Allen Dance Academy #officialdadance is very popular. But lately I’ve been in more of a tango mood, so I invite you to join me and hundreds of others from around the world for the

Earth Virtual Milonga.” www.sotango.world



WALKING OR RUNNING, Claire Hartung, 4th year chief

“When I’m looking for a break and to recharge, I like to head down to the Martinez Waterfront. **Walking or running** through the park and getting a view of the water and the hills always makes me feel better. Otherwise, curling up with a book and coffee or tea is always a great option.”



BODY PART DANCE GAME: <https://bit.ly/2ZJNaMj>

Suraya Keating, c/o Alan Siegel



VIRTUAL WALKS, <https://bit.ly/32CRIGr>

World Walking

VIRTUAL LISTENING GALLERY, Now Beta Testing! The CCHS Wellness Team is testing weekly on **Wednesdays at 12 PM** the Virtual Listening Gallery for **25 minutes**, a safe space where participants can be heard, participants can listen to one another’s hearts and foster respect and dignity among each other by valuing each other’s voice. Click [Join Microsoft Teams Meeting](#). Our topic this week: **Healthy Daily Habits That You Have Developed or Maintained During Covid.** Come Join Us!

We care about you. Thank you for all the wonderful things you do here at work. We welcome your Bright Spots, videos, and heartwarming ideas. Please send them to the Covid Wellness Team at CovidWellness@cchealth.org. Team Members: Priscilla Aguirre, Claire Battis, Amanda Dold, Patricia Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Jacqueline Mostow, Kimberly Nasrul, Samir Shah, Sonia Sutherland, Arlene Trimble. Thank you to Brian M. Johnson for sharing the quotes.