

TIPS TO KEEP YOU HAPPY AND HEALTHY DURING THE COVID-19 GLOBAL PANDEMIC

Physical activity and strong mental health go hand in hand, but keeping active while socially isolated is something that most of us have never had to navigate. Thankfully, advances in technology and creative fitness freaks have enabled us to fulfil our daily exercise recommendations without even leaving the house. Check out these activities that you can easily do from your living room!

Gymnastics at home

Get the kids moving with gymnastics for school and preschool-aged kids. ALTA Gymnastics Club coach Crystal Kikuchi is bringing gymnastics to you with weekly instructional videos! Try them out on the [ALTA Gymnastics YouTube channel](#).

ParticipACTION

Don't let being stuck at home stop you from getting the exercise you need. ParticipACTION has created an [app](#) with innovative workouts that'll keep you engaged and off the couch. Check out their social media channels for live fitness breaks, activity advice from professionals and motivational blogs.

Train with Hockey Canada

Tune in live on [Instagram](#) every Tuesday with Hockey Canada's head strength and conditioning coach, Adam Douglas. Adam will be providing expert tips and tricks to keep you moving at home. Additionally, new workouts will be posted on [the Hockey Canada website](#) every Monday.

Evolve Fitness 14-day package

Check out the [Evolve Fitness downloadable two-week workout challenges](#) that you can do at home in just 10 min per day. These sessions are achievable for all fitness levels, and the trainers are local!

Yoga

[do yogawithme.com](#) is offering two free months of online classes. The website offers a huge variety of modules ranging from beginner to advanced. Learn from experienced instructors at a pace that works best for your schedule and skill set.



Maintain a routine

Create a schedule and set aside time for activities that are still safe to do while practicing social distancing. Keep informed, but limit your screen time as much as possible.



Stay social

Physical separation and self-isolation don't mean you can't stay in contact with loved ones. Use technology to connect with family, friends, coaches, and teammates. Don't forget to include socializing into your daily schedule.



Keep active

There are plenty of resources online for activities to keep you moving at home. If the weather permits, take your workouts and skills training to the backyard for some fresh air.



Uphold mental health

Start a reflection journal, practice mindfulness, mental skills and breathing skills. Remind yourself that feeling anxious in uncertain times is expected (and ok). Engage in self-care. Make a list of opportunities that can come from the current situation and what you are grateful for.

You should never be ashamed about how you're feeling. Your mental health is just as important as your physical wellbeing, and it can be difficult to find contentment during these unprecedented times. We want you to know that you're not alone and there are resources available to you.

Kids Help Phone

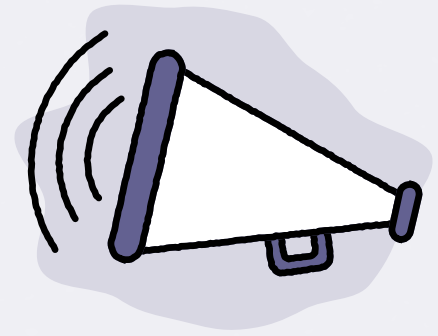
[Kids Help Phone](#) offers 24/7 text-based support for young people across the country. The service offers professional counselling, referrals and information in both English and French.

Nova Scotia Health Authority Mental Health Crisis Line

[The Mental Health Crisis Line](#) is available 24/7 to anyone experiencing a mental health or addictions crisis. For anyone looking for help themselves or who would like to seek information for someone they're concerned about, call: 1-888-429-8167 (toll free).

Canadian Mental Health Association

[The Canadian Mental Health Association](#) has outlined tools and resources specifically aimed at helping us through these uncertain times.



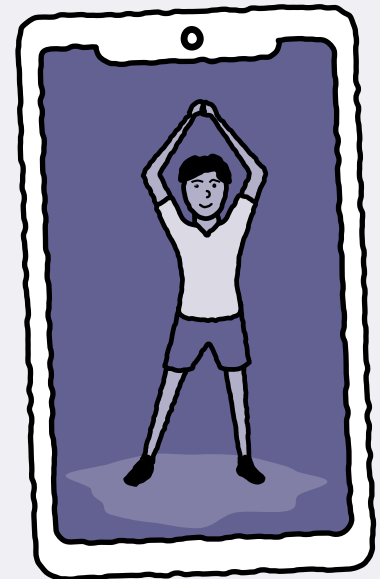
SOCIAL MEDIA CHALLENGE

We're calling on our Nova Scotian sport community to look out for each other now more than ever. Coworkers, friends, and teammates, we need to find new and resourceful ways of staying connected and keeping our spirits high. Social distancing and isolation can take a toll on our mental health, and no amount of practice could have prepared us for this. We're all connected through our love of sport, and it's our hope that we can come together as a gigantic team to cheer each other on.

You're invited to participate in our social media isolation exercise challenge, NS Active!

challenge rules:

1. Post videos of your favorite home exercise or physical activity. Tag 3 of your friends to try it.
2. When your friends complete your workout or skill (on film), they can keep the momentum going by choosing a new exercise and tagging three new people.
3. Use the hashtag **#NSActive**
4. Cheer each other on. We need positivity right now!



#NSACTIVE