

Healthy While at Home

How to feel more energized and refreshed so you can handle all of life's changes



HERE IS WHAT WE KNOW:

Life changes.

As you spend more time at home, it is important to support your immune system, mental health and physical body with healthy habits. With these key tips you will feel more energized and refreshed so you can handle all life's changes.

This guide is designed to help you feel your best so you can spend more time with people you love doing things you enjoy.

HEALTHY WHILE AT HOME

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Diet



Movement



Mindset





STEP 1: SLEEP BETTER

The most essential step

Getting enough quality sleep is critical to how your body fuels up for the next day. During sleep, your body is healing and preparing for all the stressors you may encounter the next day.

HOW TO GET BETTER SLEEP



Avoid spending hours of time in the same location you intend to sleep - reading, watching TV, etc. Use your bed only to sleep.



Avoid alcohol and over the counter sleep aids; they do not promote restorative sleep and you may wake up groggy and feeling unrefreshed.



Go to bed and wake up at the same time every single day, even on weekends. This helps maintain the body's circadian rhythm which will promote overall health and sustaining energy.



STEP 2: NOURISH WITH FOOD

Nourish your Immune System

A well-balanced diet is critical to providing the necessary nutrients your body needs to maintain a healthy immune system. .

A WELL-BALANCED DIET INCLUDES

Water:
Drink
1/2 body
weight in
ounces daily



Fresh fruits &
Vegetables



Whole Grains



Plant-based
Fats



Lean Protein



NOURISH WITH NEXT LEVEL NUTRIENTS



It is really difficult to get all the vitamins, minerals, and essential fatty acids your immune and nervous systems need to function optimally. To help, a few key supplements will boost your daily nutrients.

SUGGESTED DAILY SUPPLEMENTS

Omega-3 Fatty Acids:

EPA and DHA are two fatty acids found in fish and fish oil that help fight inflammation in our bodies.

Magnesium:

Research has shown that supplementing with magnesium can improve sleep and decrease stress-responses. Look for an absorbable form like magnesium glycinate or magnesium taurate

PRO TIP!



Vitamin D:

Vitamin D plays an important role in your bone health, your immune system and brain function. Several studies show that Vitamin D can help reduce anxiety and stress while boosting your immune system.



STEP 3: MOVE YOUR BODY

Movement for your mental and physical health

Exercise helps maintain mental and physical energy. Along with your weekly exercise regimen, balance and mobility can help keep you energized and pain-free.

DAILY EXERCISES TO KEEP YOU MOVING

Sit Stand:

An easy way to practice squat mechanics and maintain strength through your lower body can be achieved through sit to stands without the use of your arms.

STEP 1



STEP 2



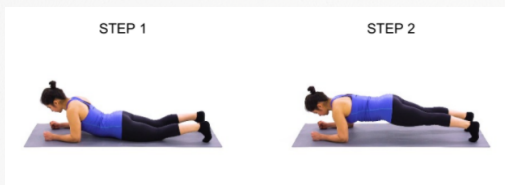
STEP 3



Pro tip: You already perform this exercise through the day when transitioning from a seated to standing - just add a few reps each time you do this.

Plank Hold

The core (our abdominals) is critical for functional mobility and to prevent stress on the low back. Planks provide a challenge to the entire core area.



Begin lying on your front, propped up on your elbows. Engage your stomach muscles and lift your hips and legs making a straight line from head to toe.

Pro tip: Modify if needed to perform from hands and knees to keep from allowing your low back to sag.

Single Leg Stance

Balance is critical to practice through our lifetime, it is important to practice balance daily.



Begin in a standing upright position with your feet together and arms rest at your sides

Lift one foot off the floor, balancing on your other leg. Hold this position while maintaining your balance. Repeat on each side.



STEP 4: MINDSET MATTERS

Change your mindset change your energy



BE INTENTIONAL

Set an intention. This could be a personal or professional goal, or a skill you're trying to build. Be intentional with your thoughts, your time and your energy. Set your sight on something to work towards.



STAY CONNECTED

Stay connected with family and friends through video calling - ZOOM, FaceTime, Google Duo - or by social distanced outings. Face to face connection is proven to boost your energy and your immunity.



ASK FOR SUPPORT

This summer may look a little different for you and your family. If you find yourself feeling in need of support, reach out to a trusted loved one, counselor or find more resources [HERE](#).

YOU'RE ON YOUR WAY!

**Congratulations on
choosing to take
your health to the
next level!**



ABOUT US



Your recovery is
our priority.

Denver Integrated Spine Center is Denver's premier multidisciplinary injury recovery and rehabilitation center. We specialize in personalized care and advanced treatment of patients in need of injury recovery and pain relief.

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