

# Staying Active and Healthy at Home

## Drop-In Article

**To Use:** Customize this article by filling in the highlighted portions with specific details about your program. Once you've filled in the article, you can post it to your organization's website, publish it in your organization's newsletter, and/or send it to a local newspaper or magazine.

### Don't Let Staying at Home Put a Stop to Healthy Routines

The weather is bad. There's an advisory to stay indoors. Whatever the reason, we all know there can be times when getting outside is just not possible. When that's the case, you may be tempted to put aside your healthy routines.

[Note: Feel free to tailor the sentences above with other examples that might cause your audiences to stay indoors.]

But just because you're staying at home doesn't mean you can't continue to make healthy lifestyle choices. After all, you need to stay healthy to be there for your family and neighbors in need. Staying healthy can also help to reduce stress.

While they may not be part of your usual routine, there are many ways to get moving, eat healthy, and stay socially connected with those you care about even when staying indoors. Here at [name of program], a [part of the CDC's National Diabetes Prevention program **OR** a CDC-recognized lifestyle change program], we're here to help you stay healthy even when we're not together in person. Try following these tips to keep up with your healthy habits:

[Note: If you have resources on your website that apply to the topics below, include those links.]

#### *Get moving:*

- Walk, march, jog, or do jumping jacks in place.
- Go up and down the stairs several times in a row.
- Lift weights or heavier household items like cans of food or bottles filled with water.
- Play a game with your children, grandchildren, or pets that gets your heart pumping.
- Look for online fitness offerings or videos you can do from home.

#### *Eat healthy:*

- Try a new healthy recipe using items you already have in your pantry. CDC offers [healthy recipe ideas](#) to get you started.
- Order takeout from a local business – but choose a healthy option from the menu! CDC's [tips on how to choose healthy options when you're eating out work for takeout too!](#)
- Plan your meals and snacks ahead of time so you will be less likely to eat mindlessly or lose track of portion control.
- Drink water to stay hydrated.

#### *Stay connected:*

- Reach out to someone you haven't talked to in a while and check in. If you have friends or family members who are also trying to stay healthy, call or text them periodically so you can hold each other accountable.



- Use the technology you have available – call, text, email, or video chat. If you are a member of a faith-based organization or other community group, see if live streams or virtual hangouts are offered. Although technology is great, try to reduce your screen time if it seems to be causing additional stress.
- Write a letter or card to send in the mail.

Most of all, remember to *stay positive*! It's natural to feel stress or anxiety when your movement is limited and your routines are disrupted; but being active, eating healthy, and staying connected during this time can help.

If you need support or want more ideas on how to make healthy choices, contact us at [insert program name and contact information]. [Note: If you offer your lifestyle change program virtually or through distance learning, consider adding something like the following: Through our virtual National Diabetes Prevention Program (National DPP) lifestyle change program, you can connect with a coach online who can encourage you to eat healthier, exercise more, and reduce stress. Through the program, you'll also work with other program participants who can support you on your journey. You can sign up and learn more at...] No matter what life throws our way, we are here for you!

## Sample E-Newsletter Copy

**To Use:** You can use this copy when sending online e-newsletters, specifically through email distribution. Customize this article by filling in the highlighted portions with specific details about your program. Consider placements in a community newsletter, local health care provider or network newsletter, or faith-based newsletter.

### Stay Active and Healthy at Home

The weather is bad. Your schedule is busy. There's an advisory to stay indoors. When you're stuck at home, you may be unsure how to continue with your healthy routines or be tempted to put them aside. [Note: Feel free to tailor the sentences above with other examples that might cause your audiences to stay indoors.]

But just because you're at home doesn't mean you can't continue to make healthy choices. There are many ways to get moving, eat healthy, and stay socially connected even when remaining indoors.

Here at [name of program], a [part of the CDC's National Diabetes Prevention program **OR** a CDC-recognized lifestyle change program], we're here to help you stay healthy even when we're not together in person. Try following these tips to keep up with your healthy habits:

**Get moving** by walking, marching, jogging, or doing jumping jacks in place. Look for online fitness offerings you can do from home.

**Eat healthy** by planning out your meals and portioning snacks ahead of time. Drink plenty of water.

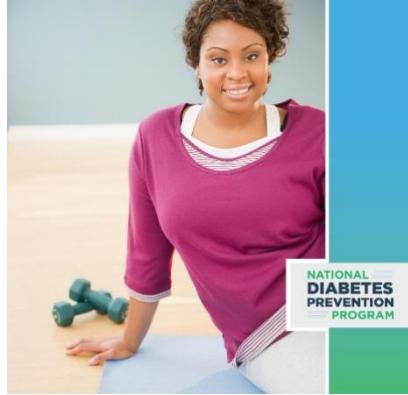
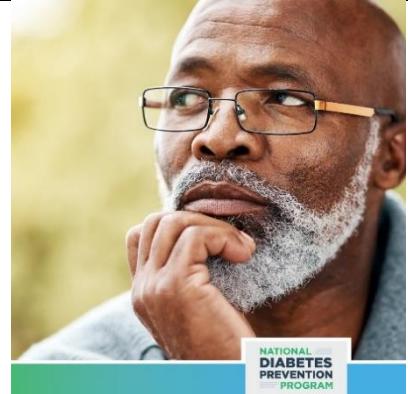
**Stay connected** by reaching out to family and friends with a call, text, email, or video chat. Look for virtual meetings and hangouts hosted by faith-based and community organizations.

Most of all, remember to *stay positive*! Moving your body, eating healthy, and staying connected during this time can help!

If you want more ideas on how to make healthy choices, contact us at [insert program name and contact information]. No matter what, we are here to help!

## Social Media Copy and Images

**To Use:** You can post the sample copy and suggested images below on Facebook, Twitter, and Instagram. Feel free to include your own links as needed.

Post Copy	Recommended Image
<p>Staying at home doesn't have to mean giving up your healthy lifestyle! Find ways to get moving, eat healthy, and stay connected with family and friends while you remain indoors. [Insert link to your website or the link to the drop-in article once it's posted online]</p>	
<p>It's natural to feel stress or anxiety when your movement is limited, and your routines are disrupted. But being active, eating healthy, and staying socially connected with family and friends during this time can help! [Insert link to your website or the link to the drop-in article once it's posted online]</p>	
<p>If you're at risk for type 2 diabetes or have prediabetes, it's important to make healthy lifestyle choices no matter the circumstances. Need some ideas? We're here to help! [Insert link to your website or the link to the drop-in article once it's posted online]</p>	