



Inova Well is here for you! As your wellness partner, we will make sure that you are fully prepared for this time of uncertainty. Inova Well commits to your wellness no matter what is happening in the world around us. We are here to give the proper tools, and information to get through this together.

Every week, you will receive a fresh new email from us. It will include details about our weekly healthy lifestyle tip in this time of Covid-19. We are happy to provide this to you and your team members!

For this first week, we are focusing on both the mind and the body.

- **Deep Breathing Meditation** https://www.youtube.com/watch?v=I_U4S8REMTQ&feature=youtu.be
Guided 10 minute meditation with Deep Breathing and how to work it into your daily routine. Deep Breathing or Belly Breathing is an immediate relief technique to help prevent or relieve stress.
- **Body Scan Meditation** <https://youtu.be/YuwHt67GKGU>
Body scan meditation is a good way for people to release tension they don't even realize they're experiencing. Body scanning involves paying attention to parts of the body and bodily sensations in a gradual sweeping of attention through the body from feet to head.
- **Get Active** <https://youtu.be/8hr28xnbAM>
Just because we are stuck at home, doesn't mean we can't get up and move! Here is a 10 Minute Exercise Routine you can do right at home!
No equipment required!
- **Eat Well** <https://youtu.be/jtP4IDnsffc>
Join our health coach Michelle Poling, RD, on how to stay healthy through this time of staying home with healthy nutrition tips!

Our goal is to give you the tools to live a healthy life in the midst of uncertainty.

Stay healthy. Stay resilient. Stay positive!