

Coronavirus Healthy Living Resources

Updated March 18, 2020



Many people continue to have questions around the coronavirus and how it impacts our daily life. As employees and families spend more time at home, the American Heart Association has gathered this collection of resources to help those wishing to continue to live healthy, active lives. For updated information on the coronavirus and what heart disease and stroke patients should do, [click here](#).

Physical Activity at Home



[Create an at-home workout circuit](#)

Circuits can be a great way to work out without any extra equipment. Use these tips to create your at-home workout routine.



[Work out at work \(or in your home office\)](#)

What if you could work out while you're working at home, without having to carve out a big chunk of time? You can – by taking all those little opportunities to move more throughout your day.



[Get the whole family moving from home](#)

Finding ways to be more active around the house sets a good example for kids and can help you stay on top of housework. Use these tips to combine exercise with other activities.



[Balance exercises](#)

Balance exercise is one of the four types of exercise along with strength, endurance and flexibility. Ideally, all four types of exercise would be included in a healthy workout routine and AHA provides easy-to-follow guidelines for endurance and strength-training.



[Stretch!](#)

While you're at home, it's important to keep moving. Stretching is an important part of physical activity. Use these recommended stretches before you work out and to stay flexible.



[Get out and walk](#)

Who says you have to be stuck indoors? Find out why walking is one of the easiest and beneficial activities you can do.



[Don't make excuses to overdo it on screen time](#)

It's easy to use this time at home to binge watch shows or scroll on screens. Instead use this time wisely to connect with the family and get them moving.



[Set your fitness goals](#)

Your new routine may also adjust your workout plans, but it doesn't need to change your fitness goals. If you've decided to take this time to be more active, you can use this link to start your fitness goals.



[Daily tips to keep your family active](#)

Looking for ideas to mix up your family's physical activity routine? Check out this page for 30 tips to keep your family active.



[NFL PLAY 60 Virtual Field Trip](#)

To join in the fun visit heart-nflplay60.com

Huddle Up and Get Moving with NFL players, cheerleaders, American Heart Association volunteers and students.



[NFL PLAY 60 App](#)

Available in the App Store or on Google Play

Take real steps to move in the game, explore your surroundings and collect characters to build your ultimate team for competition. See your rank on the leaderboard as you run, jump, dance, catch and see your players do the same.



[25 Ways to Get Moving at Home](#)

Running out of ideas to get yourself and your kids moving? Try some of our 25 ways to get moving at home!

Dealing with Stress and Improving Well-being



Establish a [bedtime](#) or [morning](#) routine

There are steps you can take to put yourself in the best state of mind for 7-9 hours of deep sleep. Here are some ways to plan your bedtime routine so you wake up feeling well rested and ready for the next day.



Manage your stressful circumstances by [cleaning up your sleep hygiene](#) or [developing some tech tweaks before bed](#).

Is your phone keeping you up at night? With a few tweaks to your tech habits, you can wake up more refreshed and ready to face the day.



[Practice Loving-Kindness Meditation](#)

Loving-Kindness meditation is a way to practice feeling unconditional compassion for ourselves and all beings. Some studies suggest it can help boost your empathy and feelings of connection and reduce bias, anger, depression and anxiety.



[Take action to control stress](#)

Empower yourself by taking actions to control your stress level. Set goals that are reasonable to achieve.



[Fight stress with healthy habits](#)

Use these 10 tips to help manage stress every day.



[Practice mindful eating](#)

How do you meditate while eating? Slow down. Being mindful and paying attention to the food you consume could help you eat healthier, with more appreciation and intention. Learn how to make every meal a practice of awareness.

Healthy Eating with Shelf-Stable Goods



If you're concerned about having healthy foods on hand while limiting your exposure to crowds, these heart-healthy recipes can all be made with shelf-stable ingredients such as:

- Canned, frozen and dried fruits and vegetables (low or no salt and sugar options)
- Canned meats like light tuna or white meat chicken (salt free), packed in water
- Frozen chicken breast is safe for up to 1-year in a freezer set to zero degrees or below (store as air-tightly as possible to preserve maximum freshness)
- Dried beans and legumes (or canned with no salt added)
- Dried whole grains like brown rice and quinoa
- Dried herbs and spices
- Shelled eggs are safe 3-5 weeks and unopened egg substitute is safe up to 1 year in the refrigerator

- [Easy Chicken Salad](#)
- [Tuna Stir Fry](#)
- [Berry Nuts Granola Bars](#)
- [Caribbean Pink Beans \(Habichuelas Rosadas a la Caribea\)](#)
- [Ranch Chive Popcorn](#)
- [Chunky Marinara with Pasta](#)
- [Thai Chicken Broccoli Salad with Peanut Dressing](#)
- [Hummus](#)
- [Slow Cooker Barbeque Chicken](#)
- [Vegetarian 3-bean Chili](#)
- [Sriracha-glazed Chicken with Butternut Squash](#)