UCONN-Moving Forward Program

Quick Hits for Staying Active and Healthy

Ashkan Novin
App/Article of the Week

Effective Habits

7-min Workout

Breathing Techniques

Tips for Mental Health
Application of the Week

MyFitnessPal
Calorie Counter & Diet Tracker
MyFitnessPal, Inc.

#1 in Health & Fitness
4.7 • 1.3M Ratings
Free - Offers In-App Purchases

- Track calories
- Macros and more
- Plans and recipes for a healthy life
- Scan meals for faster food logging

Download today

293 Cal

Join 200M members
Eat Healthy

✓ Drink plenty of water!

✓ Avoid sugary-heavy drinks by replacing them with seltzer, flavored water and tea!

https://health.clevelandclinic.org/10-tips-for-eating-healthy-when-youre-working-from-home/
Eat Healthy

✓ Drink plenty of water!

✓ Avoid sugary-heavy drinks by replacing them with seltzer, flavored water and tea!

✓ Be careful of too much caffeine!
7 min Stretching

Easy stretches you can do in your home office

## Breathing (4-7-8)

<p>| | |</p>
<table>
<thead>
<tr>
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<tbody>
<tr>
<td><strong>Inhale</strong></td>
<td>Close your mouth and inhale quietly through your nose to a mental count of four.</td>
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<tr>
<td><strong>Hold</strong></td>
<td>Hold your breath for a count of seven.</td>
</tr>
<tr>
<td><strong>Exhale</strong></td>
<td>Exhale completely through your mouth, making a whoosh sound to a count of eight.</td>
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<tr>
<td><strong>Inhale</strong></td>
<td>Now inhale again and repeat the cycle three more times for a total of four breaths.</td>
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</tbody>
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Breathing (4-7-8)

Breathe in...
https://www.youtube.com/watch?v=5M-b1c2spPE

https://www.youtube.com/watch?v=p8fjYPC-k2k

https://www.youtube.com/watch?v=M-8FvC3GD8c

https://www.medicalnewstoday.com/articles/324417#:~:text=The%204%2D7%2D8%20breathing,to%20sleep%20in%201%20minute.

https://www.healthline.com/health/4-7-8-breathing