

HERE'S TO HEALTH

Three long term effects of COVID-19 and how you can minimize them



Most commonly reported long-term symptoms

- Fatigue
- Shortness of breath
- Cough
- Joint pain
- Chest pain

Other reported long-term symptoms

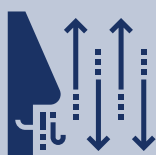
- Difficulty with concentration
- Depression
- Muscle pain
- Headache
- Intermittent fever
- Fast-beating heart

Serious long-term complications

- inflammation of the heart muscle
- lung function abnormalities
- acute kidney injury
- rash, hair loss
- smell and taste problems, sleep issues, difficulty with concentration, memory problems
- depression, anxiety, change in mood

43%

COVID-19 patients were still struggling to breath deeply 60 days after recovery



Inspiratory Muscle Training

Pinch your nostrils half-closed. Breathe in deeply and forcefully through your nose, then release your nose and breathe out through your nostrils, keeping your mouth closed the whole time



Long-term illness can cause stress and anxiety



Journaling

Writing down your anxieties and fears reduces stress by 25%



Some COVID-19 patients experience slower thinking & attention lapses



Brain Games

Playing brain stimulating games for 15 minutes a day for three weeks increases memory by 35%

COVID LINGERING SYMPTOMS EDITION


AssuredPartners

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NEAT Fast Facts:

1 hour of exercise equals 4% of your day while NEAT equals 64% of your day

Higher NEAT means less risk of metabolic syndrome, cardiovascular events, and death from all causes

Increasing your NEAT can help you lose 10 pounds over a year

Using NEAT to move consistently throughout the day can help the body maintain its ability to burn fat

www.acefitness.org

NEAT is the physical movement in our lives that isn't planned exercised or sports.

NEAT= Non-Exercise Activity Thermogenesis

Pace on the phone



Cooking



Gardening



Walking the dog



Cleaning



Dance in the shower



NEAT EDITION



Increasing your NEAT will...



Help with fat loss



Enhance your mood



Improve overall health

HERE'S TO HEALTH



Nutrition rules to live by



Skip processed food

Avoid fries, sodas, and candy. Processed foods also include most breakfast cereals, instant soup, frozen meals and American cheese.



Eat Mostly Plant-Based

Make vegetables the centerpiece of your meals. Vegetables are loaded with antioxidants, anti-inflammatory compounds, vitamins and minerals.



Don't diet

Diets often deprive your body of the nutrients it needs. By eating healthy foods you'll lose weight naturally and feel good from the inside out.



Eat each meal until your satisfied, not stuffed

Your gut signals your brain if you're satisfied or not 20 minutes after you start eating.



Eat healthy fats

Eat unsaturated fats such as avocados, fatty fish, almonds, hazelnuts, pumpkins seeds and peanuts.



Drink plenty of fluids

Your body can mistake hunger for thirst when it's dehydrated, which can lead to overeating.

Food Swap

This

for

That



Popsicles



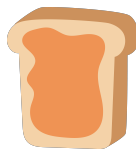
Frozen grapes



Chips



Popcorn



Butter toast



Avocado toast



Soda



Sparkling water

NUTRITION EDITION


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