



## Feeling Overwhelmed?

When you're at home, it can be difficult to keep active — and easy to get distracted. Find focus and create new, healthy habits with help from Real Appeal<sup>®</sup>.

### Helping You Stay on Track

Real Appeal is a program on Rally Coach<sup>™</sup> available to you and eligible family members at no additional cost as part of your health benefits plan.



#### Personalized Guidance.

Chat 1:1 with an online coach who is there to guide you and offer the support needed to stay on track.



#### Online Support – All in One Place.

Take control of your goals, track meals and exercise, view your progress, and reach out to your coach for support — all from your own device.



#### Motivational Resources.

Access a digital library of health-focused content to stay informed and inspired. You'll also receive a Success Kit — delivered right to your door.

Get Back on Track

[dignityhealth.realappeal.com](https://dignityhealth.realappeal.com)

Have your health insurance ID card handy when enrolling.



Dignity Health.

Here are some helpful tips to develop a productive at-home work routine.

Get up and move — it's important to have breaks throughout your day.



Check in often with people at work, even if it's not about work, and know when to log off.

Develop a routine — have a dedicated workspace, set daily goals, and schedule time for breaks.



Read "6 Ways to Stay Fit While Staying Home" on the back for more ways to keep healthy at home.

RALLY/COACH<sup>™</sup>

# 6 Ways to Stay Fit While Staying Home

By Anna Goldfarb | March 29, 2020 | The New York Times

You don't need fancy equipment or a lot of time; you just need to weave exercise into your schedule. Let's start with six things you can do every day to maintain your physical and mental health if you're isolating at home.



1

## Right now, start bringing movement into tiny moments

Do heel raises when you're washing dishes, side lunges when you're throwing clothes in the dryer, or knock out some push-ups when you're waiting for a pot of water to boil.



2

## Improvise for tools — they're all around you

Toss cans of food in a bag for instant weights. Come up with games you can play with children. Anything where you're crawling, jumping and skipping could work.



3

## Get your heart rate up, multiple times a day

If you have access to stairs in your home or apartment, going up and down those stairs is a great way to get your blood pumping.



4

## Get out and walk, even for just 15 minutes

The amount of time you walk each day can vary. What counts is that you're moving your body.



5

## Stretch it out for at least 30 seconds

The Mayo Clinic says you should be stretching at least two to three times a week. And you should hold each stretch for 30 seconds for most areas and up to 60 seconds for sore or problem areas.



6

## Work on your breathing, because anxiety is real

Lie down on your back and put your hands on your abdominal region. Make your belly rise when you breathe in. Breathe out and your belly should fall. Take 10 deep breaths in this position.

You should wash your hands carefully and try not to touch your face. And if you're using any kind of gym equipment at home, clean it up with soap and water or any household cleaner before and after so that if you're sharing it with others, you're not spreading germs around.

Get Started Today at [dignityhealth.realappeal.com](https://dignityhealth.realappeal.com)

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