STAY SOCIAL
STAY ACTIVE
Promoting Health

Social isolation has been linked to an increase in morbidity and mortality according to a 2014 study published in the American Psychological Association, along with this, inactivity greatly impacts cardiovascular health.

NETFLIX PARTY
This is a "plug-in" for Google Chrome that allows you to watch Movies and TV shows with friends simultaneously. Go to www.netflixparty.com to make your own!

MEDITATION OR YOGA
Yoga can be a great way to stay active if there are constraints on time or equipment. The website self.com has a list of beginner poses.

KAST
A similar service to Netflix Party, Kast allows you to share your screen with friends in order to watch other streaming services together. Kast is an app for your desktop that can be found at "https://www.kastapp.co/".

EXERCISES
The WHO recommends 75 to 150 minutes of physical activity per week, try to break up classes with simple activities, experts for CNN recommend squats, pushups, and planks.

GROUP VIDEO CHAT
As many classes now rely on Zoom for recitation and other class activities, creating a group to stay in contact with friends could be crucial in remaining safely social.

ROUTINE
Keeping a (relatively) consistent routine during social distancing is very important for mental health. Making sure that socialization, education, and physical health is kept up will in turn help mental health.

Flattening the curve is our most crucial civic task right now, however our mental and physical health should not suffer as a result of our duty. Stay safe and stay healthy.