“Stay Home, Stay Safe”

Make sure to always take measures for your safety and the safety of others.

1. Wear a mask
2. Wash your hands
3. Socially distance
4. Avoid crowds

Here are a few other tips to stay safe during the holidays

1. Get your flu shot
2. Start quarantining
3. Quarantine upon arrival & get tested if you can
4. Wear a mask
5. Have your celebrations outside
6. Open windows, if you can’t have your celebration outside
7. Avoid inviting strangers, keep your circle small
8. Check CDC recommendations for latest information

What you’ll find:
Holiday Safety P.1
Mon, Tue P.2
Wed, Thurs, Fri P.3
Motivation Monday

This is National Handwashing Awareness Week and with cold and flu season upon us, in the middle of a global pandemic, it is extra important that we take time to wash our hands and keep not only ourselves safe but those around us safe as well!

TRY IT TUESDAY

Fix this immune boosting meal! "Salmon en Papillote"

Ingredients:
- 1 medium zucchini
- 24 grape tomatoes
- 1 shallot
- ½ tb olive oil
- ½ tb balsamic vinegar
- 4 salmon fillets

Directions
- 375 degree oven
- In a bowl, toss zucchini, tomatoes, and shallot w/ olive oil, vinegar, and salt/pepper
- Center of parchment paper, place ¼ of the vegetable mixture & top with salmon
- Bring long ends of parchment to creat 1/2 " fold until tight seal
- Center rack, bake 20 min
**WELLNESS WEDNESDAY**

"Why do you need to get a flu shot every year"


**THERAPEUTIC THURSDAY**

8 Tips to Treat Colds and Flu the ‘Natural’ Way


*These are just tips, see a doctor for treatment of cold and flu

**FITNESS FRIDAY**

4 Days Beginner Home Workout Routine

**DAY 1 - UPPER BODY (DUMBBELL)**

1. Knee Pushup
   - 3 Sets x AMRAP

2. Floor Press
   - 3 Sets of 12 - 15 Reps

3. Shoulder Press
   - 3 Sets of 12 - 15 Reps

4. Superman
   - 3 Sets of 12 - 15 Reps

5. Bent Over Rowing
   - 3 Sets of 12 - 15 Reps

6. Upright Row
   - 3 Sets of 12 - 15 Reps

7. Tricep Extension
   - 3 Sets of 12 - 15 Reps

8. Bicep Curl
   - 3 Sets of 12 - 15 Reps

**WELLNESS WEDNESDAY**

All year long, researchers at hospitals around the world collect samples from flu patients and send them to experts with one goal: design the vaccine for the next flu season. But why do we need a new one every year? Vaccines for diseases like mumps and rubella offer a lifetime of protection with 2 shots early in life; what about the flu? Melvin Sanicas explains.

**THERAPEUTIC THURSDAY**

1. Blow your nose often
2. Stay Rested
3. Gargle
4. Drink hot liquids
5. Take steamy shower
6. Apply hot * cold packs to congested sinuses
7. Sleep with extra pillow under your head
8. Don’t fly unless necessary

**Fitness Friday**

Staying fit can build your immune system and assist with fighting off sickness

Doubts/Queries/Questions? - Ask Me! 📣 Comment Below 📣