



## Tips for Employees Who Are Working from Home Because of the COVID-19 Outbreak

Health experts are advising people to stay home as much as possible to stay safe from the coronavirus (COVID-19) pandemic and slow its spread. Getting enough physical activity and eating healthy foods while working at home can help your body function well. The American Cancer Society can help you find ways to get plenty of physical activity and eat healthy food even while you're working at home.

### Working from Home

Here are some [\*Tips for Staying Healthy While Stuck at Home.\*](#)

#### Exercises you can do at home:

- Stand up or walk while you read and answer emails and messages on your laptop or phone.
- Take a short walk during lunch or walk instead of taking a coffee break. If you walk outside, be sure to practice social distancing by remaining at least 6 feet away from others.
- Set a timer on your computer or phone to remind you to take an activity break.



#### Other ideas to get moving:

- Take a walk outside if it's a beautiful day or walk inside the house if it's not. Walk fast enough to speed up your heart rate and break a sweat. If you walk outside, be sure to practice social distancing by remaining at least 6 feet away from others.
- Use hand weights or grab an object like a soup can if you're just starting to exercise, or a jug of water if you're stronger. Bend at your elbows to curl your hand to shoulder level; repeat 10 to 12 times, or until you can't do it anymore.

#### Make TV time active time:

- Stand up and fold laundry or exercise while you watch TV.
- Do simple exercises like squats, jumping jacks, walking in place, and stretches.



### Make household chores count:

- Mop or vacuum fast enough to get your heart pumping. A 150-pound person can burn about 150 calories an hour this way.
- Play with your children or your pets to help burn more than 200 calories per hour.
- Do yardwork tasks such as mowing the lawn, raking leaves, shoveling, or perform other outdoor chores for an effective workout.
- Use the stay-at-home time to be active and productive while you begin projects such as cleaning out the garage or attic.

### Eating healthy while you work at home:

- Stock your kitchen with [healthy ingredients for easy-to-prepare meals](#).
- Search for healthy recipes that use ingredients you already have. You can [try some recipes from the American Cancer Society](#).
- Resist the urge to snack during the day. When you're working from home, work in a room that is not close to the kitchen.
- Choose snacks such as fresh fruits or mixed nuts from [our list of quick and healthy snacks](#).
- Read more about [how to involve your children in helping with meals](#).
- Review local takeout menus before ordering so that you can make healthy choices.



**Help someone with cancer.** If someone you know has cancer, the American Cancer Society remains the go-to resource for the latest information, support, and guidance 24 hours a day, seven days a week. Call our free cancer helpline at 1-800-227-2345 and our website at [cancer.org](https://www.cancer.org).