



**COVID-19  
QUARANTINE  
SURVIVAL  
GUIDE**

# INTRODUCTION

Welcome to the NFP Covid-19 survival guide. Like you, we have been constantly thinking about the impact this pandemic has made on our daily lives.

Gyms are closed, grocery stores are bare, and businesses are closing down.

With all this change going on in our world, we wanted to create something to help get you through this tough time.

In this survival guide you'll get information on ways to improve immune health, a non-perishables grocery list, easy meals and snacks, at-home workouts, things you can do to stay busy and entertained, and much more!

# IMMUNE HEALTH

Now more than ever, our health is so important. We need to make sure we're staying ahead of the game by focusing on ways to optimize our immunity.

Here are some ways you can improve immunity:

- 1. HYDRATE: Aim for half of your body weight in ounces. (Ex. 160lb = 80oz)**
- 2. GET THOSE VEGGIES IN: Consume a variety of fruits and veggies (F/V), aka nature's vitamins. Aim to fill half your plate with F/V.**
- 3. GET SOME ZZZ: Aim for 7-9 hours of quality sleep.**
- 4. MANAGE YOUR STRESS: Meditate, journal, express gratitude, and/or talk with someone.**
- 5. STAY ACTIVE: Try at-home workouts or simply go for a 20-minute walk.**

# NON-PERISHABLES GROCERY LIST

Many of us are limiting the amount of times we go out. This includes trips to the grocery store. Make sure you include these foods in your grocery haul:

## Frozen Foods

- All frozen veggies
- All frozen fruit
- Dave's Killer Bread (yes, you can freeze bread)
- Kashi waffles
- 93/7 ground beef/turkey/chicken
- Chicken breast and fish (buy in bulk and freeze)

## Shelf-Stable Foods

- Rice
- Canned beans
- Lentils
- Premium pasta (Banza pasta)
- Kashi cereal
- Tuna in a can or pouch
- Marinara sauce
- Salsa for chips or fajitas (Recipe [HERE](#))
- Premium chips/crackers like Beanfield's, Beanitos, Mary's Gone crackers
- Nut Butters
- Protein powder
- Nuts and seeds

# HEALTHY SNACKS

When it comes to snacking, we should understand what makes up premium snacks. Regardless of what our snack looks like, we want it to have two main components: **CARBS & PROTEIN**.

**CARBS** help provide energy to the brain and muscles. High-fiber carbs also help with feeling full.

**PROTEIN** helps repair and build new muscle. Protein also helps you feel full.

CHOOSE FROM THE OPTIONS BELOW  
(including but not limited to)

## CARBS

- High fiber, low sugar cereal and bars
- Whole wheat crackers
- Whole grain pita bread
- Whole grain breads
- Whole grain English muffin
- Popcorn
- Fruits
- Veggies

## HIGH QUALITY PROTEIN

- Turkey or chicken deli slices
- Non-fat Greek yogurt
- Low-fat string cheese
- Skim or 1% milk
- Whey protein
- Beef Jerky
- Eggs

## LOW QUALITY PROTEIN

- 1oz dry or roasted nuts:
  - Almonds (20-24)
  - Cashews (16-18)
  - Pistachios (45-47)
  - Walnuts (8-11)

# EASY MEALS

COVID-19 has us inside more often, meaning most of your meals may be consumed at home.

Here are some easy recipes that are sure to have your taste buds smiling.

Click the title to view the full recipe

**PESTO CHICKEN**

**SOUTHERN SHRIMP BOIL**

**COCONUT CURRY CHICKPEAS**

# HOME WORKOUTS

**No gym? No problem.**

We partnered up with personal trainer, **Jonathan Lau, aka J Lau**, to create fun, simple, and challenging workouts you can do in the comfort of your home.

Jonathan has developed an upper and lower body workout with modifications. Regardless of your experience level (*beginner, intermediate, advanced*), you can get a great workout from the comfort of your home.

**Unsure of a movement?**

Search on YouTube, or check out Jonathan's IG page @jlautraining

# LOWER BODY- BEGINNER

<u>EXERCISE</u>	<u>SETS X REPS</u>	<u>REST</u>
1. BODYWEIGHT SQUAT	3 X 10-15	30 SEC
2. FOREARM PLANK	3 X 30 SEC	30 SEC
3. SUPINE BRIDGE	3 X 10 -15	30 SEC
4. DEADBUGS	3 X 10 / SIDE	30 SEC
5. SINGLE LEG TOE TOUCH WITH BALANCE AID	3 X 10 / SIDE	60 SEC

# UPPER BODY- BEGINNER

<u>EXERCISE</u>	<u>SETS X REPS</u>	<u>REST</u>
1. WALL PUSH UPS	3 X 10-15	30 SEC
2. MOUNTAIN CLIMBERS	3 X 30 SEC	30 SEC
3. TRICEP DIP (BENT KNEES)	3 X 10-15	30 SEC
4. PRONE TRAP RAISE	3 X 10/SIDE	30 SEC
5. YOGA PUSH UP	3 X 10/SIDE	60 SEC



# LOWER BODY- INTERMEDIATE

<u>EXERCISE</u>	<u>SETS X REPS</u>	<u>REST</u>
1. SQUAT W/ ALTERNATING LUNGE	4 X 10-15	30 SEC
2. HIGH PLANK SHOULDER TAPS	4 X 12/SIDE	30 SEC
3. SINGLE LEG SUPINE BRIDGE	4 X 12/SIDE	30 SEC
4. DEADBUGS	4 X 10/SIDE	30 SEC
5. SINGLE LEG TOE TOUCH	4 X 10/SIDE	60 SEC

# UPPER BODY- INTERMEDIATE

<u>EXERCISE</u>	<u>SETS X REPS</u>	<u>REST</u>
1. REGULAR PUSH UPS	3 X 10-15	30 SEC
2. MOUNTAIN CLIMBERS	3 X 30 SEC	30 SEC
3. TRICEP DIP (STRAIGHT LEGS)	3 X 10-15	30 SEC
4. PRONE TRAP RAISE	3 X 10/SIDE	30 SEC
5. YOGA PUSH UP W/ TOE TOUCH	3 X 10/SIDE	60 SEC

# LOWER BODY- ADVANCED

<u>EXERCISE</u>	<u>SETS X REPS</u>	<u>REST</u>
1. SQUAT W/ ALTERNATING LUNGE	4 X 10-15	30 SEC
2. PLANK GET UPS	4 X 12/SIDE	30 SEC
3. SINGLE LEG SUPINE BRIDGE ON ELEVATED SURFACE (COUCH)	4 X 12/SIDE	30 SEC
4. DEADBUGS W/ WXHALE ON EXTENSION	4 X 10/SIDE	30 SEC
5. SINGLE LEG TOE TOUCH W/ HOP	4 X 10/SIDE	30 SEC

# UPPER BODY- ADVANCED

<u>EXERCISE</u>	<u>SETS X REPS</u>	<u>REST</u>
1. PUSH UPS W/ FEET ELEVATED (ON CHAIR)	3 X 10-15	30 SEC
2. MOUNTAIN CLIMBERS: OPP KNEE TO ELBOW	3 X 30 SEC	30 SEC
3. TRICEP DIP (STRAIGHT LEGS)	3 X 10-15	30 SEC
4. PRONE TRAP RAISE	3 X 10/SIDE	30 SEC
5. SPIDERMAN PUSH UP	3 X 10/SIDE	30 SEC

# THINGS TO KEEP YOU BUSY

## WATCH

### NETFLIX

ALTERED CARBON  
UGLY DELICIOUS  
THE STRANGER  
MONEY HEIST

### HULU

DAVE  
DEVS

### DISNEY+

FROZEN  
THE MANDALORIAN

## LISTEN

### MUSIC

BAD BUNNY-  
YHLQMDLG

CLUB HIGH RISE  
SPOTIFY PLAYLIST-  
SHAZAMABLES

SPOTIFY PLAYLIST-  
LO-FI BEATS

### PODCAST

JUSTIN SU'A-  
INCREASE YOUR  
IMPACT

ALIX TUROFF  
NUTRITION PODCAST

ANDRES AYESTA-  
VIVE NUTRITION  
RADIO

## READ

THE SUBTLE ART OF NOT  
GIVING A F\*CK  
(MARK MANSON)

THE COMPOUND EFFECT  
(DARREN HARDY)

THE POWER OF HABIT  
(HARLES DUHIGG)

HOW CHAMPIONS THINK  
(BOB ROTELLA)

## TRY

JOURNAL ABOUT YOUR  
DAY

MEDITATE  
(HEAD SPACE APP)

DAILY WALKS OUTSIDE

WEAR BLUE LIGHT  
BLOCKERS TO HELP  
WITH SLEEP  
(AMAZON)