

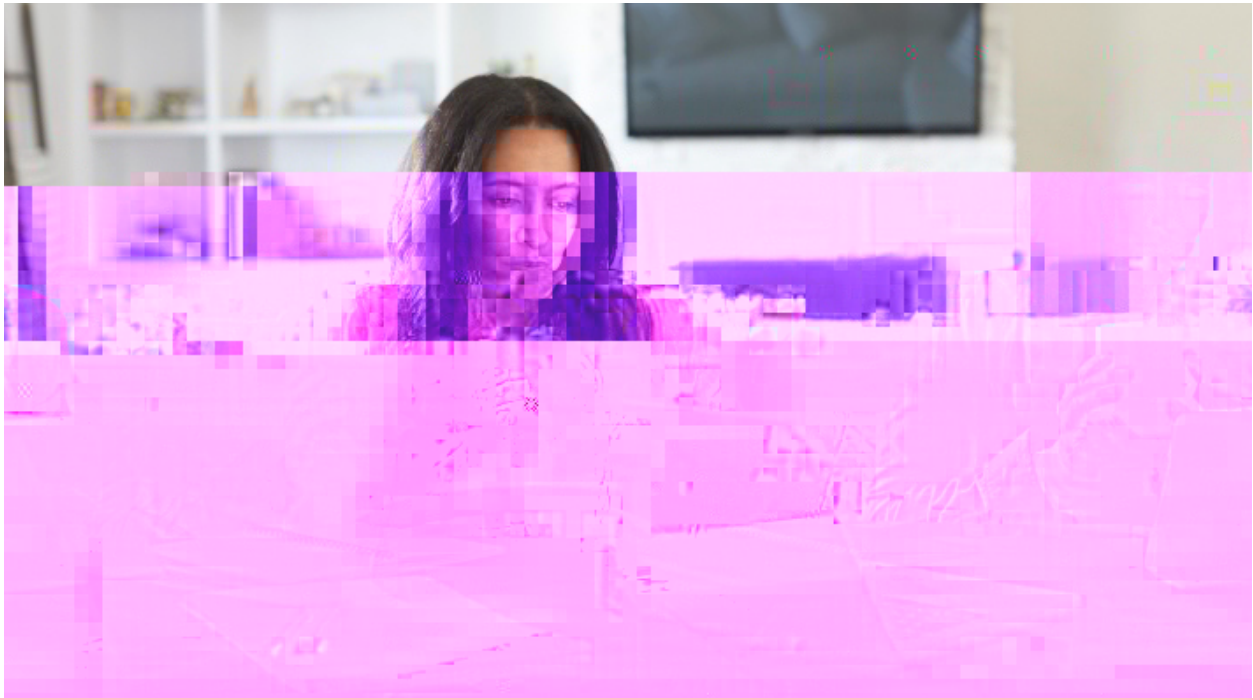


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Tips for Staying Healthy While Stuck at Home

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Health experts are advising people to stay home as much as they can to [stay safe from the coronavirus pandemic](#)¹ and slow its spread. This is especially important for those at higher risk, including people with cancer. It means big changes in daily routines

including how and where you [get your exercise](#)², and [what and when you eat](#)³.

But we know that healthy habits can affect a person's risk for cancer and other diseases including heart disease and diabetes. This is because getting enough physical activity and eating healthy foods can help our bodies work as well as possible. And there is growing evidence that cancer survivors who have these healthy habits have better quality of life and might have better treatment outcomes. With a bit of creativity, you can find new ways to get plenty of physical activity and eat healthy food even while you're staying home more.

Exercises you can do at home

[The American Cancer Society recommends](#)⁴ adults get at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity each week. Moderate activities make you breathe as hard as you would during a brisk walk. Vigorous activities use your large muscle groups and make your heart beat faster, make you breathe faster and deeper, and make you sweat.

Even lower amounts are good for your health and are safe for most people. Besides

Eating healthy meals at home helps you cut down on fat, salt, and sugar – and saves money too. If you're home from work or eating out less these days, consider it an opportunity to try new, healthier ways of cooking and eating.

These ideas may help:

- When you do shop, stock your kitchen with [ingredients for easy-to-prepare meals](#)⁶.
- Search for healthy recipes that use ingredients you already have. You can try some [recipes from the American Cancer Society](#)⁷.
- Resist the urge to snack during the day. If you're working from home, work in a room that's not close to the kitchen.
- If you do nosh during the day, choose something from [our list of quick, healthy snacks](#)⁸, such as fresh fruit or mixed nuts.
- If you have children home from school, [get them to help with meals](#)⁹. Preschoolers can fetch items from the pantry or refrigerator and help stir, older children can use their math skills by measuring ingredients, and tweens and teens can take the lead in finding and preparing the recipe.
- If you're thinking about getting takeout from local restaurants, call and ask for their menu or look it up online so you can make healthy choices.

Nurture your emotional health

Mental health is important too. Read more about [ways for cancer patients and their families to cope with anxiety during the coronavirus outbreak](#)¹⁰. And remember the American Cancer Society is here for you. Call us at [1-800-227-2345](#)¹¹ if you need help.

Hyperlinks

1. www.cancer.org/cancer/managing-cancer/coronavirus-covid-19-and-cancer/questions-about-covid-19-and-cancer.html
2. www.cancer.org/cancer/risk-prevention/diet-physical-activity/get-active.html
3. www.cancer.org/cancer/risk-prevention/diet-physical-activity/eat-healthy.html
4. www.cancer.org/cancer/risk-prevention/diet-physical-activity/acs-guidelines-nutrition-physical-activity-cancer-prevention.html
5. www.cancer.org/cancer/risk-prevention/diet-physical-activity/acs-guidelines-nutrition-physical-activity-cancer-prevention.html

6. www.cancer.org/cancer/risk-prevention/diet-physical-activity/eat-healthy/shopping-list-basic-ingredients-for-a-healthy-kitchen.html
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9. www.cancer.org/cancer/latest-news/cooking-with-your-kids.html
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