



# **HO-CHUNK NATION**

## **DEPARTMENT OF HEALTH**



A Total Lifestyle Approach To Health  
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During this difficult time, it is good to be reminded how our lifestyle plays a role in our health. What we keep hearing right now is “You can’t do this, you can’t go here, you can’t do that.” If we allow ourselves to get consumed by this, it can be very depressing. Despite what is going on, there are still many things you can do as an individual and your immediate family. In addition, I provided some information on how physical activity can help your immune system.

### **What you can do:**

1. Go visit some State Parks you have always wanted to go to and go hiking with the family.
2. Biking, walking, watching activity YouTube videos. Just Google any type of workout you want to do and a free version will pop up for you.
3. Start a Gratitude Jar / Journal for you or your family. Each day write something on a piece of paper and put it in the jar or write in a journal. When this situation is over, you can look back and see how there were still so many good things going on while dealing with this situation.
4. Stress management. This is a stressful time. Practice Tai Chi, Yoga or meditation to help you through this time. Dr. Paul Lam has a free Tai Chi workout on the internet and you can search for meditation videos to guide you. Or, you can simply sit quietly and repeat to yourself that you are well, you are grateful, you are blessed or whatever it is that you want to say to yourself.
5. Increase your intake of fruits and vegetables. This includes fresh, frozen and canned. We get so many nutrients from these foods and it is so important right now to do all we can to arm these bodies of ours to be strong and healthy.
6. Get regular sleep. If you are having trouble, try using a red light in your room. It has sleep promoting effects. Decrease your use of blue light at night, such as phones and television. They can inhibit your sleep. Google it!
7. You can watch funny movies with your family. Laughter is good for the soul!
8. Have a cooking class with your family and / or teach your children how to cook. Let one of your children / grandchildren pick the recipe and go from there. Use this time to experiment with new recipes. Create a meal from what you currently have in your cupboards.
9. Teach your children how to do the laundry, fold it, and put it away. This is a very valuable lesson and keep this going after life returns to normal. This could save you time in the long run and teach responsibility to your children.

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10. Have a “limited / NO” social media time. Teach your kids how to play outside or explore outside....like we had to do when we were kids.
11. Try Geocaching. This is basically treasure hunting. [www.geocaching.com](http://www.geocaching.com). Check this site out to find out where these little treasures are found.
12. Do Art projects on your own or as a family. Paintings, gluing things together, stick houses. Get creative and promote creativity with your family.

Think outside the box right now. There are a lot of life skills that could be taught during this time. The family unit can come out of this stronger than ever.

**Let's look specifically at the benefits of physical activity:**

1. Moderate exercise (where you can talk but can't sing) increases the re-circulation of neutrophils and natural killer cells, two cells that play a critical role in front line immune defenses.
2. Stress hormones, which can suppress immunity, are not elevated during moderate exercise (which is a good thing).
3. Although the immune system returns to pre-activity levels within a few hours, each session represents a boost in immune surveillance that reduces infection over the long term.
4. Several studies indicate that both acute and chronic exercise improves the body's response to the flu vaccine. While we are so focused on COVID19 right now, the flu is still out there and still killing people.
5. Near daily physical activity has a strong influence in lowering the odds of getting sick with the common cold.
6. If you do get a cold, you are more likely to get well sooner if you exercise regularly.

We will get through this together. Practice good hygiene as you have been hearing about. Think about what you can do instead of can't. Be well.

Resource: American College of Sports Medicine. The Common Cold Is Less Common Among The Fit. November / December 2017. Volume 21. Number 6.