

TIPS & IDEAS FOR SOCIAL DISTANCING



AS THE CORONAVIRUS CONTINUES TO RUN RAMPANT THROUGH THE WORLD, WE MUST CONTINUE TO REMAIN SMART AND SAFE. IN ADDITION TO TAKING CARE OF OURSELVES PHYSICALLY, BY WASHING OUR HANDS AND WEARING SURGICAL MASKS, WE MUST ALSO TAKE CARE OF OURSELVES INTERNALLY.



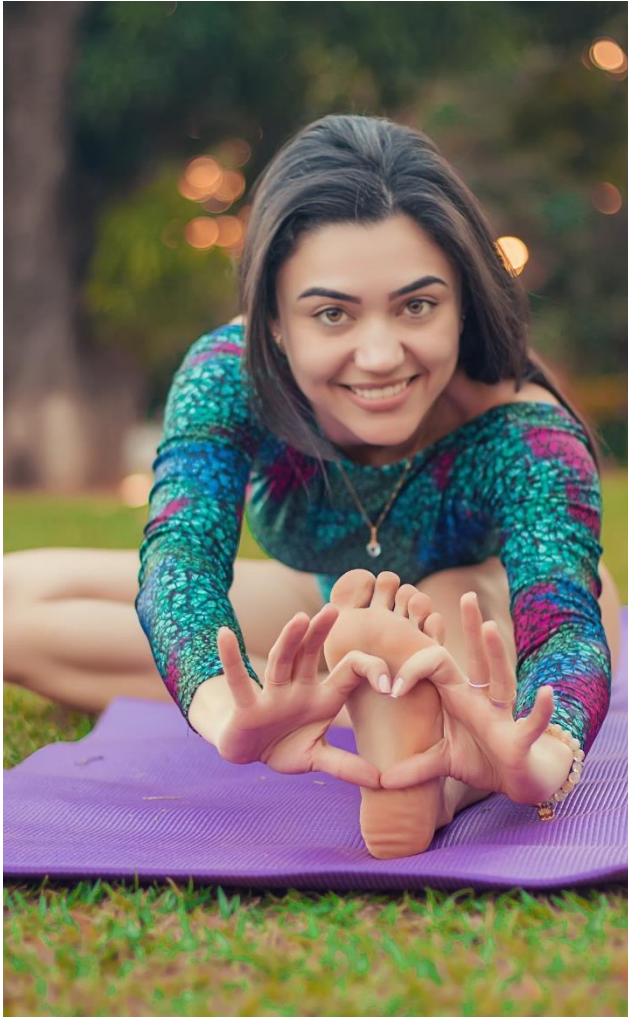
PART 1: PERSONAL

EXERCISE

While we are forced to stay indoors, it is very important to continue to remain physically active. The average human burns 2,000 calories a day just by doing daily tasks such as lifting items, commuting to work, walking around the office, etc. Now, with the significant reduction of physical activity, we are obviously not burning as many calories in a day. This is why it is very important to remain active at home during this time! Many people still have the same eating habits, if not worse, while exhibiting a major decline in physical activity. This is the ultimate recipe for unwanted weight gain. If you would like to become more active, but have no idea where to start, check out some easily accessible resources below:

- **Verve Health & Fitness:** Popular fitness company, Verve, is now offering online training sessions with certified personal trainers. Their plans include one-on-one classes as well as group sessions. The first class is free, then a monthly payment of \$109 is required for unlimited classes that month. For more information, please contact Precious. If you're ready to sign up, click [here](#).
- **Instagram Live:** If you want to get healthy, but are on a budget, there are also free and affordable resources to help. Popular fitness models are hosting live training session, right on Instagram! Many are also selling home workout plans (meals included) that you can buy and do by yourself or with a partner. Check out a few Instagram accounts that are offering this:
 - @bodybyneeks - free and paid options
 - @xxcocochanel - \$20-\$30
 - @thenaturallynatalie - free
 - @bodyexpertsystems - free

You can easily download Instagram on your mobile app store.



PART 1: PERSONAL

YOGA & MEDITATION

Yoga and meditation are great ways to work on your personal and mental wellbeing. We all know that mental health is just as important as physical health, if not more. Now that we do not have the constant distractions of the outside world, it should be a lot easier for most to incorporate yoga and meditation in their schedules. Challenge yourself to wake before everyone else, put on headphones, and stretch for 15 minutes. Once you're done, go right into 15 minutes of meditation. Need help? Check out some amazing online resources and apps that can help with your morning mental escape!

- **Calm (app store):** Meditation and stories for different types of stress
- **Youtube:** Follow along yoga & meditation [here](#)
- **Instagram:** Live yoga session @yoganandany



PART 1: PERSONAL

SELF-CARE DAY

Once in a while, we all need a day of self-care and pampering (men too!). A typical self-care day for a woman might include a hair appointment, nail appointment, eyebrow threading, eyelash extensions, waxing and even a massage. However, just because these services are not available right does not mean we have to miss out! Self-care is important and we should all strive to pamper ourselves regularly. See below for some ways you can pamper yourself right at home:

- **Birchbox:** Birchbox is an online subscription service that sends its users a box of 4/5 preselected products, including skin care, make-up, perfumes, and other related items. They also have options for men!
- **Washday:** Spend some time washing and deep conditioning your hair. Some deep conditioning treatments last anywhere from 3-5 hours. The smell and shine of your hair afterwards will be worth it!
- **Nails:** You can purchase a nail filer, clippers, nail polish, and stickers to give yourself a manicure/pedicure! If you are dominant in one hand, ask someone at home to help you with your secondary hand. Some online stores also sell press on nails that go on in minutes!
- **Facials:** Your skin is your foundation and the largest organ in your body so be sure you are taking care of it. Weekly facials and exfoliating scrubs help get rid of dead skin and any bacteria that may be living on the surface. Summer is right around the corner so you need to make sure you are glowing!



PART 2: FAMILY

COOKING:TACO TUESDAY

Although it may be chore to some, cooking with others can be fun! Just because you can't make it to District Taco for lunch doesn't mean you can't recreate the experience at home. There are hundreds of recipes online for tacos and you are free to incorporate and substitute ingredients as you wish. See below for standard ingredients for taco night:

- Taco shells (soft or hard)
- Choice of protein (ground beef, ground turkey, grilled chicken, shrimp, tofu)
- Add-ons (lettuce, diced tomatoes, shredded cheese, onions, corn)
- Toppers (sour cream, salsa)

Customize the ingredients to add your own special touch! If you are in a mature household, consider incorporating happy hour (liquor stores are essential businesses☺).

If you are not a fan of tacos, create your own meals. If you have a balcony and a grill, you might consider having a picnic right at home!

Check out this amazing taco recipe→ [Taco Tuesday](#)



PART 2: FAMILY

SPRING CLEANING

I think we can all agree that cleaning isn't fun! However, it is very important and necessary to maintain your home's appearance. Now that you are stuck at home with nothing to do, it may be a good time to clean your house from top to bottom. With all hands-on deck and everyone assigned to a designated area, you should be able to knock this out within a day! If you need help with structure, you can break down responsibilities as follows:

Entryway

- Sweep and mop floors
- Wipe front door and door handles
- Wash/clean doormat

Kitchen

- Deep clean oven, stove top, microwave
- Clean out refrigerator
- Degrease cabinets and walls
- Wash dishes
- Sweep and mop

Bathroom

- Scrub toilet and bathtub
- Clean makeup brushes (long overdue!!)
- Wipe mirror
- Wash/replace shower curtain
- Sweep and mop floors

Bedroom

- Change/wash bedsheets
- Flip mattress
- Shampoo rug
- Organize closet

You can view this detailed checklist [here!](#)



PART 2: FAMILY

LEARNING RESOURCES

Chances are, if you have children, they are stuck at home with you. While some schools have transitioned to an online learning system, others haven't. Even if your child's classes are now remote, it doesn't hurt to incorporate additional learning methods in their schedule. Continue reading for some amazing resources that are currently available.



- **ABCmouse:** ABC Mouse is an online learning tool for kids ages 2-8. The website focuses on teaching young children how to read using phonics and has courses in math, science, art, social studies and much more! During this time, they are offering access to their platform for free! They also have an interactive game from children ages 8-13. You can find out more [here](#).
- **Khan Academy:** This organization offers free lessons, puzzles, quizzes and even exercises for children ages 4-18. On weekdays, Khan Academy offers a daily livestream on Facebook, YouTube and Twitter for parents, to show them how to use their resources to maximize their child's learning potential, while at home. You can check them out at [here](#)
- **San Francisco Exploratorium:** If you are having a hard time explaining coronavirus and its affects to your little ones, you might want to check out San Francisco's Exploratorium. They have various activities that teach children about coronavirus, how it affects the body and what you can do to stay safe. Find out more [here](#).

All work and no play can be stressful. Once your child(ren) has completed their daily lessons, you can check out these fun virtual experiences:

- **San Diego Safari Park:** Join the Butterfly Cam livestream from inside the jungle greenhouse and experience the lifestyles of over 30 different butterfly species. They are also offering a tutorial on how to create a butterfly garden in your own backyard! Check them out [here](#).
- **Royal Museum:** The Royal Museum in Ontario, Canada is teaching kids how to write their names in Egyptian hieroglyphics. The program has a step by step guide and a printable version for you to hang on your refrigerator! Click [here](#) for more information.
- **Virtual Tours:** There are multiple aquariums and zoos that are offering live viewings and virtual tours through their live webcams. Check them out below:
 - **Monterey Bay Aquarium:** [here](#)
 - **San Diego Zoo:** [here](#)
 - **Smithsonian's National Zoo and Conservation Biology Institute:** [here](#)
 - **Houston Zoo:** [here](#)

If you're feeling adventurous, you might be interested in taking a high resolution, 360-degree tour of the surface of Mars! The images you will see were captured by NASA's Curiosity rover. Click [here](#) to start your journey today!

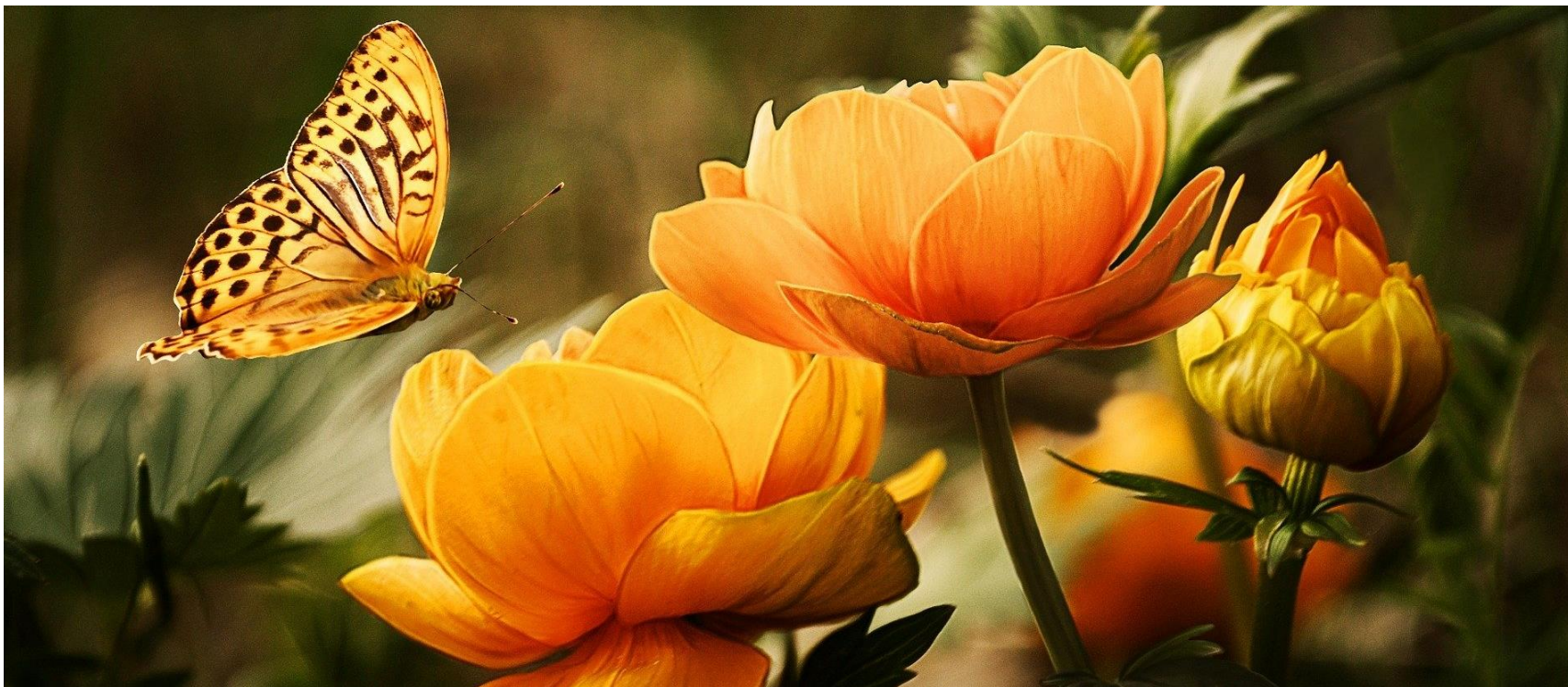


PART 3: COMMUNITY

HOW TO HELP

While many of us are suffering from boredom due to social distancing, others are experiencing very difficult situations. Some are sick, some have sick loved ones, and others are unemployed and struggling financially. If you are not facing any of these situations, consider yourself blessed. It is during times like this that we are expected to be there for one another. If you are in a position to help and would like to, please see below:

- **STAY HOME:** If you really want to help fight COVID-19, the first and most important thing you can do is practice social distancing. Coronavirus can easily be spread through bodily fluids and the CDC even recently issued a message urging everyone to wear face masks. Therefore, we must minimize human contact as much as possible. If you believe you have had contact with a(n) infected person(s), be sure to isolate yourself for 14 days, to ensure your safety and that of those around you. Remember, when you stay home, you're saving lives.
- **Donations:** if you have extra and are willing to donate, there are many organizations in need of assistance. Whether monetary or nonfinancial, a little can go a long way. Continue reading to see what some of your options are:
 - **American Red Cross:** Due to lockdowns across the country, the American Red Cross is experiencing an extreme shortage of blood. If you are a healthy individual and are willing to help, please click [here](#).
 - **Food Banks:** With the rate of unemployment quickly rising and many cities experiencing food shortages, organizations like Feeding America are in need of financial assistance. A donation of \$1 can supply 10 meals for those affected by the virus. If you are in a position to help, please click [here](#).
 - You can view the full list of charities in need of assistance [here](#).



Please continue to remain safe as we urge on in this fight against COVID-19. I hope to things get back to normal soon and I'm looking forward to seeing you in the near future ☺

Need to contact us? We can be reached by email at precious@capitolconcierge.com or by phone at 202.741.0186