At-Home

SURVIVAL KIT



The Park Fitness Studio

At-Home
SURVIVAL KIT

Need a little reinforcement for your healthy habits in the wake of "social distancing" and the coronavirus pandemic?

You most definitely are not alone!

Our goal at The Park Fitness Studio is to help you make the most of this time ...

... and come out feeling stronger, fitter, and healthier than ever!

That's why we've put together this "At Home Survival Kit" and loaded it up with tips, recipes and workouts to keep you feeling positive and productive!

When times are uncertain, it's all too easy to want to hibernate and escape what's happening in the world. That can mean extra couch time – and extra snacks and calories!

While everyone loves a good TV binge from time to time, we also know the power of MODERATION.

A little couch time coupled with healthy food, workouts, and fun activities can equal a happier, more balanced YOU!

We hope our tips help you find balance and calm during these times.

Keep an eye on your email inbox for more ideas for you and your family to stay on-track!

Hope you find this guide helpful!

Your Team at The Park Fitness Studio





Finding Balance

Feeling stressed over things you don't have any control over?

Almost every one of us has felt that way at one point over the past couple of months.

Here's a tip from self development expert Stephen R. Covey, author of The 7 Habits of Highly Effective People.

Circle of Concern vs. Circle of Influence

According to Covey, your **Circle of Concern** is all of the things you are concerned about. This could be personal things like your family's health and your job, or big-picture issues like the economy, coronavirus pandemic, or even climate change.

At the same time, you also have a **Circle of Influence,** which is inside your Circle of Concern.

Your Circle of Influence contains the things you can actually DO something about: your habits, the way you treat others, and your actions.

Focusing on actions within your Circle of Influence lets you be PROACTIVE, which can help you to feel more positive and in control.

But if you concentrate on the items in your Circle of Concern (that are outside your influence), it leaves you in a state of constant REACTION. When you're always reacting to things out of your control, you end up feeling stressed and overwhelmed.

That's just one reason why focusing on your healthy habits and routines is so important – you are being PROACTIVE!

Your Perfect Lockdown Day

What's YOUR "new-normal" perfect day look like?

Our brains love routine, and one of the best ways to remain in your "Circle of Influence" is to set a daily schedule.

Sample Perfect Day Schedule

6 a.m.	Get up, stretch, drink a big glass of water, meditate
7 a.m.	30-minute workout
7:45 a.m.	Shower & get ready for the day
8:30 a.m.	Breakfast
9 a.m.	Work!
Noon	Lunch and fresh air break – get outside for a walk.
1 p.m.	Back to work
5 p.m.	Wrap up work for the day
5:30 p.m	Dinner
6 p.m.	Quick clean up/chores
7 p.m.	Relax!

Quick Anxiety & Stress Tamer



This powerful breathing technique will work for you and everyone in your family.

It's been used by everyone from Navy SEALs and first responders to nurses and teachers.

Use it the next time you're feeling tense, anxious, or frazzled. It will help you begin to relax from your very first exhale.

BOX BREATHING involves controlling both parts of your breath (breathing in AND out) as well as holding your breath.

It's called "box" breathing because you do each part of the breath for an equal amount of time (4 counts), as if you are breathing around a square.

You'll be amazed at how calm you feel when you're done!

1. To start, sit up straight in a chair, feet flat on the floor.
2. Next, slowly exhale through your mouth as much air as you possibly can, for a total of 4 counts.
3. Now, hold your breath for 4 counts, and then gently and slowly breathe in through your nose for 4 counts.
4. And then hold your breath again, for 4 counts.
5. For a full session of box breathing, you simply repeat the cycle for a total of 4 times through.



At-Home Survival Quick Tips

As much as possible, stick with a schedule. Our brains and bodies crave routine. Creating a daily schedule (like the Perfect Lockdown Day!) will help keep you and your family on-track and moving forward. If you have children at home, this is especially critical.

Feed your brain with positivity. Stay informed, but avoid getting caught up in the news cycle. Listen to upbeat audiobooks and podcasts instead.

Resist the urge to stress eat. When you're bored, worried, or upset it can be tempting to reach for snack foods. (How to know if you're stress eating: You only want comfort/snack foods – and you never feel full or satisfied.)

If you're feeling the urge to snack, divert your attention. Tackle a project or hit a quick workout.

Revisit old hobbies, or learn something new. Will this be when you finally learn how to knit or renovate that old bedroom furniture!? If not now, when?

Stay connected via technology. If you're feeling isolated, use video conferencing software like Zoom (zoom.us) or social media tools like Facebook Groups and Facebook Live to connect with friends, coworkers and loved ones.

Quick, Tasty & Healthy Meals from Pantry Staples

Get creative with these adaptable recipes made with items you likely have on-hand in your kitchen.

And if you don't have an ingredient (or have picky eaters at home), switch up the recipe and experiment.

Updated One-Dish Tuna Pasta Skillet

(serves 4)

Olives are delicious in this, but if you don't have any on-hand, no worries! Stir in some goat cheese. If you don't have lemon juice, orange or lime juice will work, or a splash of white wine. Or, stir in a can of crushed or diced tomatoes.

- 3½ cups (825 ml) water
- 8 oz (225 g) package pasta (preferably made from lentils or chickpeas)
- ½ cup (70 g) pitted olives
- (optional) Juice of half a lemon
- 2 5-oz (140 g) cans tuna, drained and flaked
- 2 tsp dried dill
- 1-2 tbsp extra-virgin olive oil
- Salt & pepper, to taste

Put the water, pasta, olives, and lemon in a large skillet and bring to a boil. Let simmer until pasta absorbs the liquid and is tender (check package directions, but generally 8-10 minutes).

Take off the heat and stir in the tuna, dill and oil. Add salt & pepper to taste. Enjoy!

Easy Shakshuka (Eggs Poached in Tomato Sauce)

(serves 4)



This traditional Middle Eastern dish is a full meal in itself! Feel free to use this as a base recipe and customise it to suit your taste. Add more veggies, stir in some goat or feta cheese, play with the spices, etc!

- 2 cups (480 g) canned crushed tomatoes
- 1 15 oz (425 g) can chickpeas (or whatever beans you have on-hand), rinsed
- 1 cup (150 g) frozen spinach
- 3 minced garlic cloves
- 1 tsp dried thyme
- ¼ cup (60 g) plain yogurt
- 4 large eggs

Heat a large skillet to medium and add tomatoes, canned beans, garlic, and thyme, heating until it reaches a simmer. Keep the mixture at a simmer as you stir in the yogurt.

In a separate small bowl, crack an egg (make sure you don't break the yolk!). Make a little "nest" in the tomato sauce big enough to hold the egg and carefully drop it in. Repeat for each of the other eggs, and cook until they are "set" to your liking (usually 5-7 minutes). Season with salt and pepper and enjoy!

Easiest-Ever Black Bean Tacos (or Mini Pizza!)

(serves 4)

Another customisable recipe based on what you have on-hand. Add veggies, leave them out, add ground meat or more toppings … it's up to you!

If you decide to make this as a pizza, keep your eye on the tortilla as it bakes to make sure it doesn't burn.

- 1 tbsp olive oil
- 2 15 oz (425 g) cans black beans, rinsed
- Jar of salsa
- 1 cup (150 g) frozen spinach
- 1 cup (165 g) frozen corn
- 1 tsp ground cumin
- ½ tsp garlic powder
- 8 taco shells OR 4 tortillas
- ¾ cup (85 g) shredded or crumbled cheese

1. Heat your oven to 325°F (160°C).
2. Heat olive oil in a skillet. While it's heating, mash 1 can of beans in a large bowl, and when the oil is hot, add it to the skillet, along with the other can of beans and the salsa. When it's heated, stir in the spinach, corn, cumin and garlic powder.
3. When veggies are heated through, assemble your taco or pizza.
4. Tacos: place mixture in taco shells, add cheese, and place on a baking sheet.
5. Pizza: Place tortillas on a baking sheet and spread the mixture on top of them and then crumble cheese on top.
6. Place in the oven until the cheese melts, 8-12 minutes.

Chili-Stuffed Sweet Potatoes

(serves 4)

This can also be made with white potatoes – and even can be used as a topping for rice, quinoa, pasta or served over other veggies.

- 1 lb (450 g) ground turkey, chicken, beef, or meat alternative
- ½ cup (120 g) canned black or pinto beans, rinsed
- ½ cup (85 g) chopped onion
- ½ cup (80 g) chopped bell pepper
- 2 cloves garlic, chopped
- 2 tbsp chili powder
- 1 14-ounce (400 g) can diced tomatoes
- 4 medium sweet potatoes
- ½ cup (55 g) shredded cheese

Cook beef, beans, onion, bell pepper and garlic over medium-high heat in a large skillet. When the meat is browned (about 10 minutes), stir in the chili powder and cook for about 30 seconds. Turn down the heat to medium-low and pour in the tomatoes (including the juice) and simmer for 5 minutes. If the mixture starts to get too thick, add 1-2 tbsp of water.

While the mixture simmers on the stove, wash the sweet potatoes and poke a fork into them to make holes. Microwave sweet potatoes until they're cooked through, for 15 minutes (if your microwave has an automatic "potato" setting, use that).

When the sweet potatoes are done, slice them open and top with chili and cheese.



Home Workouts

Be sure to warm up before doing these workouts. Walk in place, use a piece of cardio equipment (treadmill/ bike/elliptical) if you have one, or do basic bodyweight exercises like squats, arm circles and lunges.

When you're done, make time to cool down. Walk in place as your heart rate returns to normal.

Workout 1

Complete 3 rounds through this circuit: 60 seconds per exercise in round 1, 45 seconds in round two, and 30 seconds for round three. Be sure to use perfect form!

- Push-up + superman
- Bicycle crunches
- Mountain climbers
- Hip bridge
- Squats
- Plank
- Jumping Jacks

Workout 2

Complete 3 rounds of this circuit. Take a 45- to 60-second break between rounds.

3 rounds through:

- 10 1-legged deadlift with front kick each side
- 30 Reverse crunches
- 10 Plank taps each side
- 15 1-legged hip bridges each side
- 10 Side plank hip lifts each side
- 5 Burpees
- 50 Jumping Jacks

Workout 4

Complete 3 rounds through this circuit: 60 seconds per exercise in round 1, 45 seconds in round two, and 30 seconds for round three. Be sure to keep use perfect form!

- Burpees
- Romanian deadlift
- Wall sit
- Biceps curls + calf raise
- Squat pulses
- Crunches

Workout 3

Complete 4 rounds of this circuit. Take a 45- to 60-second break between rounds.

4 rounds through:

- 10 Lunges each side
- 20 Squats
- 30 Ab bicycles each side
- 40 Step-ups (20/side)
- 50 Jumping Jacks

Workout 5

Complete 3 rounds with proper form:

- 5 Lat raises
- 7 Front raises
- 9 Curls to overhead press
- 40 Jump ropes (or “pretend” jump rope)

- THEN, complete 3 rounds of this circuit:
- 12 Single-leg deadlifts
- 12 Single-leg glute bridges
- 12 Side lunges (6 each side)
- 12 Squats
- 60 second plank

Make Your Home a Sanctuary

Your surroundings have a tremendous impact on your mindset!

If your home has you feeling more trapped than relaxed, there's a simple fix:

You can use your "circle of influence" to flip the script ….

… and take action to create a home you LOVE to spend time in!

There's a simple 3-step process to take your home from "lived-in" to loved.

Step 1 - Declutter – Get rid of things you don't love or use.

Step 2 - Organise – Make a place for everything – and put everything in its place. (It's amazing how much clutter is caused by items not having a regular "home" in your house or apartment.)





Step 3 - Arrange – Give your rooms a quick DIY refresh by rearranging your furniture or home decor items. This will make them more pleasant to spend time in. PLUS, shaking up your surroundings a little can also help shake up your old patterns and routines.

Some Decluttering Tips:

- Focus on one area at a time. Being able to see progress will help keep you motivated.
- Take before and after pictures to inspire yourself!
- Don't pull out more than you can put back in 15-20 minutes. In other words, if you're going to declutter a closet, don't empty the whole thing unless you know you will be able to take care of everything the same day.
- The goal is not to make a big mess, but a clean, organized space.
- Make it fun: Set a timer and see how much you can accomplish in just 15 minutes. Get the kids to join in (they will love turning it into a timed game).
- Set aside household items and clothing that's still in good condition to donate once our "social distancing" period is over.

Free Fun & Games (and Other Activities) for You and the Family

Looking for things to do beyond bingeing TV shows and playing video games? Check out this list of activities you can do without leaving home.

And if you DO leave home, please be sure to support our local businesses! This is a challenging time for many of them, and they are doing their best to serve us in a very trying time.

Read. This is a tremendous time to get back into your reading habit.



Some ideas:

- Download free ebooks from your local library.
- Have a family read-along, where everyone takes turns reading passages from favorite books.
- Check out storyonline.com, which features videos of celebrities reading children's books.
- Looking for good books to read you might not have heard about? Check out award-winning books (and the runners-up!): the National Book Award, Pulitzer Prize, Edgar Award, the Booker Prize, etc.
- Start or join a virtual book club on social media (Facebook group).



Learn. There are dozens of sites offering incredible learning opportunities – for FREE!

- Visit edx.org, which was founded by Harvard and MIT, and offers free online classes on everything from art and astronomy to zoology – from major colleges and universities across the world:
- Stanford
- Dartmouth
- Sorbonne
- Oxford
- University of Queensland
- and more

- Check out Yale's popular free course on happiness, "The Science of Well-Being." It promises to guide you through challenges that will increase your happiness and build productive habits – while teaching you the science behind well-being.

- Teach yourself a new hobby or skill. Or get better at an existing one! There are literally hundreds of sites online to learn or brush up on fun, creative, or helpful skills. Check out Skillshare, Bluprint, the Khan Academy, and good old YouTube for everything from learning to play guitar to speaking a new language, or sewing a new workout outfit.

Play. Yes, there are an almost infinite number of games you can play on your phone, game console, and computer … but what about non-digital games?

- Grab a deck of cards and gather round the table for a game of Crazy 8s, War, Go Fish, or Cribbage!
- Bicycle Cards has a long list (along with easy to follow **rules**) of new games to check out, for all ages and abilities!
- Look in the closet for your stash of board games and have a marathon session of classics: Monopoly, Clue, Scrabble, Checkers, Chess, etc.
- Put together a jigsaw puzzle.
- Grab a book of crosswords or sudoku games on your next venture to the grocery store.

Move. Don't let the family get stuck in the trap of sitting on the couch all day. Instead, find fun ways to incorporate movement into your routine.

- Set up an outdoor obstacle course with things to crawl under, jump over, run around and throw.
- Or, set up a fitness course with different workout "stations" – with places to do squats, pushups, ball "smashes" and other exercises. Be creative and have fun!
- Even more fun: Video each other going through the obstacle course, with the person holding the camera also serving as the announcer.
- Work out in your living room. Do one of the workouts included in this ebook, or sign up for a class!
- Go for a walk outside and get some fresh air and sunshine. If possible, try new hiking trails in the area.



Make. Mix up a batch of homemade Play-Doh. This recipe will last for months in a zip-top bag.

- 2 cups (260 g) all-purpose flour
- ¾ cup (200 g) salt
- 4 tsp cream of tartar
- 2 cups (475 ml) lukewarm water
- 2 tsp vegetable oil
- Zip-top bags for storage
- (Optional: food color and glitter to add to the dough.)

1. In a large pot over medium heat, stir together the flour, salt and cream of tartar. Add the water and oil.
2. Cook, stirring constantly until the dough thickens and begins to form a ball.
3. Remove from the heat and place on a piece of wax or parchment paper until it starts to cool, and then knead until it's smooth.
4. Divide into separate balls and place in your zip-top bags (one for each color you want to create).
5. Add a few drops of color (about 4-5 drops to start) to each bag and/or any glitter you want to add, and continue kneading. If you want a brighter color, add more food coloring until it reaches your desired tone. Repeat for any other colors you want to create.
6. When it's all mixed, it's ready to use. If you don't want your homemade Play-Doh to harden, be sure to keep it stored in a securely closed zip-top bag.

Tour. There are so many amazing sites to see virtually, from the comfort of your home. Definitely worth taking the time to explore!

- Visit Google Arts & Culture (artsandculture.google.com) and tour museums for an up-close look– check out everything from the gardens of Versailles to the Taj Mahal and hundreds of great masterpieces.
- Explore the Earth's beauty and learn about its resources on Google Earth (earth.google.com).
- Watch animals live via the **Smithsonian's National Zoo webcams**
- **The Lone Pine Koala Sanctuary** has several live webcams.
- See what's happening at a popular **California hummingbird feeder**, along with a hummingbird nest that's been in use since 2005.
- Visit **113 U.S. National Parks** from your couch.





We're in this together...

Get in touch

The Park Fitness Studio

3, Hope Drive, The Park Estate. Nottingham. NG7 1DL
visit www.theparkfitnessstudio.com
email info@theparkfitnessstudio.com
tel 07366 470 762
@theparkfitnessstudio