

MAINTAINING AND SOCIALIZING FOR

Your Health

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You need to maintain your health so you can organize your living space.
Let's look at ways you can socialize with your family, housemate or single



OUTDOOR *Activities*

Walking with a buddy
Walking your dog
Picnics in a local park
Running
Jogging

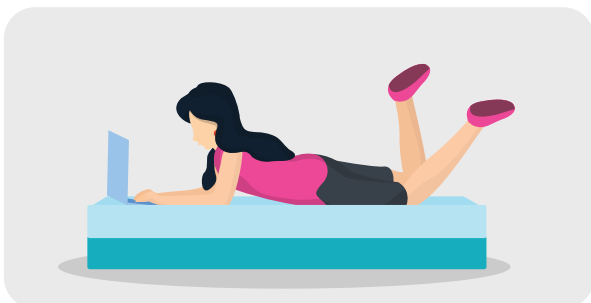
Tennis
Bicycling
Playing sports i.e. basketball, football, etc.



INDOOR *Activities*

Playing board games i.e. scrabble, monopoly, checkers, bingo, cards, etc.
Indoor picnic
Jigsaw Puzzles

Craft projects: crochet, counted cross stitch, needlepoint, etc.
Pet lovers: spend time with your pet
Walk the steps instead of using the elevator



DAILY ME *Time*

Meditate
Read
Listen to music or sing
Sketch or Paint
Yoga

Cook a new recipe
Stretch out with your pet, etc.



COMPUTER *Savvy*

Online games
Stay in contact with relatives and friends through social media and email.
Use social media to share photos.

Create a photo album telling the story in pictures of what the pandemic was like.
Some day you will laugh at the stories you can tell.
Make sure you do your daily chores.

Your goal is to be healthy and maintain your health so you can organize your living space.
For people with disabilities or health issues consult a licensed physician for proper body maintenance. You can also see if you qualify for a health aide to help maintain and organize your living space.

ABOVE ALL STAY SAFE AND HEALTHY ALWAYS!