



OFFICE OF AFRICAN AMERICAN AFFAIRS

A HEALTHY START TO 2021

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It is common for us to feel pressure to get healthy. Pressures to spend money on supplements, diet plans, and several other things we could easily add to the list. After a month of implementing these costly practices, we go back to our old habits. With the obstacles presented in 2020, we may feel more pressure to get back on track with our health.

THE NEW YEAR DIET



Here are a few tips to provide you with some alternative ways to being healthy and staying active.

THE NEW YEAR DIET

One of the most common challenges we experience on the road to improved health is a proper diet. Try not to get caught up with hoarding supplements and trying to find an instant method to become healthy. Instead here are few things that you can do to become healthier:



- Start eating real foods, such as, fruits, vegetables, and lean meats as you begin working out.
- Eat enough to support your activity level.
- If possible, consult a doctor, nutritionist, or a health professional that specializes in identifying nutrient deficiencies.



Remember, it takes time to work towards healthier eating habits. Set goals and be patient. It's a marathon not a sprint!

YOU'RE AT-HOME GYM



WORKOUTS WITH OUT A GYM MEMBERSHIP

Getting a gym membership can be very expensive, and during a pandemic, it can pose as a health risk. Although gyms are resourceful when working out, but they're not necessary. Here are some alternatives that can help you get on track without a gym membership:

- A great way to workout and be active is to go on daily walks. You can also do running workouts including sprints and long distance running.
- Working out for at least 30 min to start is a great way to get into the flow of things.
- If you are looking to do a more intensive workout, you can buy kettle bells, dumbbells or resistance bands. Get creative and use household items such as, a backpack, suitcase, and laundry detergent.

There are multiple ways to start working towards a healthier lifestyle.

ADDITIONAL RESOURCES

Here are some resources that can help you on your health journey.

<https://www.getlitenow.com/training?cam=ppc-g-m195923-c704470-g1978803->

<https://www.livestrong.com/article/13727263-online-workouts-black-trainers/>

<https://www.melanatedmagiktv.com/post/best-black-websites-for-health-and-fitness>