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You work, kids play

How am I going to get something done with my kids at home? Sounds familiar? That question is on the minds of millions of parents as we navigate this pandemic.

Below are a few suggestions. Hopfully it will spark more ideas of your own.

Who doesn't need an hour to get some work done. Occupy your kids time with a base camp. Tie some old sheets together and make a fort. Turn off the lights. Give them flash lights, animal books, snacks and pillows. Make sure they watch out for dinosaurs.

If you really need some quiet time, introduce your children to Milk Shake Monday. If they leave you alone for one hour. You will open the Milk Shake Monday ice cream counter in the kitchen. Use the cooking timer so they can keep track. Boom, one free hour.

These are just a few ideas to keep your children busy during work hours. Use Google to find many fun ideas. You'll thank me later!

"Covid-19 is making me lose my mind up in here!"

If you are self-distancing the correct way, you're probably losing your mind by now. The grit and tenacity it takes to stay safe, is making Americans change it's ways. On these sunny and warm days in the Southeast, I am seeing people do amazing things. For



instance, I saw a family of four riding bikes together. Really! It blew my mind.

I've seen kids on scooters, skate boarding and biking. I have never seen kids out playing in my sub-division. It's funny what happens

when kids don't have the option to play outside. Not long ago, they were happy playing video games in the house. The minute they (we) are told not to do something, it becomes a big deal.

Adults are going crazy during this pandemic. They're driving the kids out doors. Did you ever think in your adult life you would be begging to go back to work? I took a trip to Home Depot. People were coming out with so many items, I had to ask if they were giving products away. Obviously, none of us has ever witnessed a pandemic. So we are filling our down time with anything to keep our minds busy.

That also made me think about something else. Our collective mental and physical health. How are we really coping with this pandemic? Sure, a trip to Home Depot will mask that feeling for awhile. But what about the long term effects of this moment in time? How's your blood pressure, glucose numbers and your eating habits? I bet your sleeping habits are out of sync too.

I would love to say, fear not, it's almost over. But I can't. What I can say is, it's time to circle the wagons. It's time to get to know our neighbors and rely on one another. Remember when you were a kid. Your mom would tell you to go next door and borrow an egg or a cup of sugar from Miss Connie. Tell Miss Mary across the street I can babysit for her on Saturday. Remember those days?

It's time to get back to being friends with our neighbors. It's the only way we are going to make it through this ordeal. Collectively, we have a lot to offer each other. Mike the mechanic is out of work. You need an oil change. Are you in the car? Can you see where I'm going with this? We can't sit in our homes and watch the world go by. So let's engage, at a safe distance and make things work for our little world. It might change the world we leave to our children.

Working out during Covid-19 outbreak

We have many workout options to choose from while Sheltering in Place. Fitbit has a Free 90-day Premium option. You can run in place. The sky's the limit.

Many people have turned to their many mobile health devices to use as a workout assistant. Some people will continue when the pandemic is over. I use the treadmill or run in place. I jog in place for one minute, 30 different times during the day.

Some will ride a stationary bike, while others will walk the neighborhood. No matter what it is, try your best to be active. And, one can get mental healing from working out.

Above all else, get that workout in. The National Health Services advises adults to get at least 150 minutes of moderate physical activity per week. That's 20-30 minutes a day.

I understand that it might be difficult while you are homebound. Nike says, just do it! I say, do something!



We enjoy sharing helpful information about health and wellness or high blood pressure. It's the informed person that has the best chance to achieve their health goals. During these Covid-

19 days and unsure times, our work is even more imperative. I'm not advocating for a return to work. But our work is very important to us.

And there's the rub. Work is so important to us. We worry so much about our jobs, it keeps us up at night. That worry is also raising our blood pressure. We all try our best to stay calm. That is a good thing. That is not to realistic in these times. People are worried, and we must harness that fear; easier said than done right?

We have a few suggestions for our readers to try. The number one thing we all should do is exercise. Run, bike, walk, skip. Do something to get the blood flowing. Of course, you should consult your doctor before starting any exercise routine.

Exercise does wonders for the body and spirit. You'll feel fantastic after working out. Things become clearer when I exercise. I work out on the treadmill for 30 minutes. The most beneficial result from exercise is how great it is for your blood pressure. According to www.MayoClinic.org. "Regular physical activity makes your heart stronger. A stronger heart can pump more blood with less effort. If your heart can work less to pump, the force on your arteries decreases, lowering your blood pressure."

How about that? We all learned a valuable lesson. Regular physical activity may result in the lowering of our blood pressure. Can we think of some physical activities? I can name a few off the top of my head. I will start with an easy one: housework. If housework isn't for you. How about a little yard work or playing with your child? Come on, I know you have some favorites.

Let us put a bow on this exercise thing. One, you have already forgotten about the pandemic. Count that as down time from worrying. Two, we learned about the benefits of exercise and physical activity. Three, your homework assignment is to start a relationship with a neighbor.

For example, you see your neighbor in their yard planting flowers. Just waving is not good enough. Walk over there and reintroduce yourself. An easy topic is, "how are you and your family coping with self-distancing? See, it is just that easy. Give it a try and let us know which exercise works best for you.

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