

STAY HOME, STAY HEALTHY

Quarantine Survival Guide

HEALTH AND WELLNESS COACH

KAT REESE

Greetings Dear Ones,

We are faced with an unlikely challenge..

You've probably heard the words “crisis”, “pandemic”, and “unprecedented” a few too many times in recent weeks.

Unfortunately, the reality is that these words do apply.

However, now is not the time to sit on our laurels, sulk about what a terrible and dangerous place the world is and wait for things to go back to ‘normal’ (whatever that means).

Now is the time for radical self-care, for shining lights into darkened corners both in our world, in ourselves, and in our lives. Now is the time for us to come together (at a distance) to help each other, help ourselves, and help the world come out of this a better place than it was when we went in.

What this means is that YOU must also come out of this better than you went in.

As challenging as the obstacles that face us are, **we must rise to meet them.**

This guide contains just a few resources that are helping me to rise and shine in this changing world, I hope they brighten your day and help you on your journey.

Please let me know how these tools work for you, and if I should add anything else to my next iteration!

Feel free to share this with friends and family.

Thank you for joining the revolution, I'll see you on the other side.

Love and light
Coach Kat

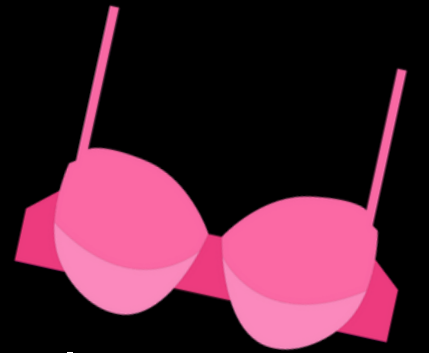


About this Guide

I hope you find some of the tools within useful!

What I have prepared for you in this guide:

My unwavering support (like a good bra) for YOU as we work to find a 'new normal'



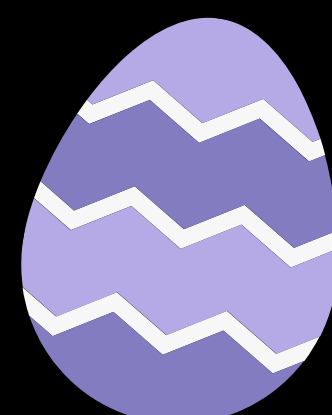
My "Favorites"

Everything in this guide is what I personally use and love for myself!

- Access to some of my go-to *workouts*
- Quick and easy *recipes* (including mocktails!)
- Fun (socially distanced) *games and activities*
- Free *educational* resources
- *Books* to keep you motivated/inspired
- Access to our NEW Healthitude Live social learning group!

If you're viewing on a phone, links may not be clickable! Try your desktop.

Every picture is a link.
(There are some easter eggs too...)



Top Tips to Rise and Thrive

1. Set a schedule

No one is going to do it for you. This is your time to show yourself what you're made of. We've all dreamed of having more time to ourselves, time to work on our passions, time to spend with our families, time to step back and reassess. This is it. Now is that time, know what you're doing with it.

2. Set systems

Goals are outcomes, systems are how you make them happen. What are you trying to accomplish with your schedule? How can you set up your time/surroundings/etc. to facilitate those accomplishments? (i.e. the ever-famous 'put your running shoes by the door' trick. Want to drink a glass of water when you wake up? Put a glass in the bathroom by your toothbrush. Want to read more? Put a book, book light, notepad by your bed and read at night or in the morning. Make it easy for yourself, take out the excuses and 'pause points' that lead to bad habits.)

3. Make time for exercise/movement

Whatever you do, don't sit all day... Not only will you come out of lockdown with the Quarantine 15, you'll feel sluggish, stiff, icky, and your body won't be able to fight infection should something happen! Make it a priority, your body is your one vessel through life, take care of it.

4. Don't worry too much

That doesn't mean to disregard instructions from medical professionals, it means, do your best, follow all the rules, and let go. Do what you can and release the rest. Stress puts us in fight or flight mode, it activates the sympathetic nervous system which limits our ability to be creative and actively problem-solve (and we definitely have a lot of new problems to solve right now). Meditation and "Flow" states both help activate the parasympathetic nervous system, enabling calmness and awareness.

In the words of Deepak Chopra "Being more aware creates responsibility. What does responsibility mean? It means the ability to respond. The more conscious you are in your ability to respond, the more creative you'll be."

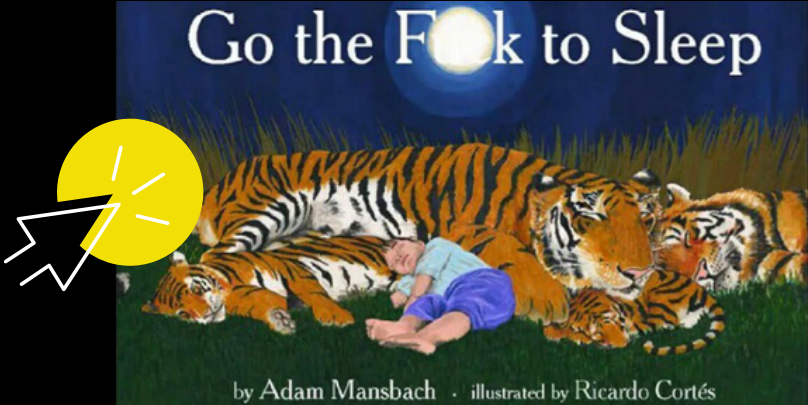
Sample Wellness Schedule



- When making your own schedule, follow these three easy steps:
1. Write down all the things you'd like to accomplish
 2. Place things that are fixed times (wakeup, lunch, class, ect)
 3. Arrange everything else within the leftover time blocks.

7:00	Wake Up	Keep good sleep hygiene, wake up on time!
7-7:15	Brush Teeth/Drink Water/Pants	Make sure you're taking care of yourself! Put on pants, don't let yourself be overtaken by the mess. Wash your face, put on pants.
7:15-7:30	Make Coffee	I love my somewhat overcomplicated French-press coffee routine. It's essentially a moving meditation and helps me set up my day.
7:30-8:00	Read	A little education and inspiration in the morning helps me get motivated for the day.
8:00-8:30	Exercise	If I don't do it in the morning, I don't do it at all. Make the right time for yourself.
8:30-12:30	Work on Projects	For us, this one is easy since we are still building our house. If it's not so easy, start making a list of things you tell yourself you never have time for and check them off!
12:30-12	Meal Prep	Sometimes I like a quick meal, but with extra time, why not cook up something extra special?
1:00-1:30	Lunch	Eat. Slowly. This is life advice.
1:30-2	Walk Outside/Walk Dog	Get some fresh air every day! You're not locked inside!
2-5:30	Projects	Examples: woodworking, web design, knitting, sewing, crafting, gardening, yoga, meditation, reading, writing, dancing, take a course/online class... the possibilities are endless.
5:30-6	Meal Prep	Get yummy with it!
6:00-6:30	Dinner	Sit down, relax, enjoy, maybe eat on a deck or in the park! Try a mocktail.
6:30-7:00	Talk Time	Chat about the day/projects/dreams/silly questions with your partner/roommate/family.
7:00	Relax	Despite the sudden free time, we are trying to limit our screen use to the evening. This is our time for movies, tv, videogames.
10:30	Bedtime	Adults need bedtimes too.

Can't sleep? Listen here.



Free Workouts

You will be prompted to create an account. This is completely free and requires NO credit card information.



Morning Meltdown

Torch calories with high-intensity cardio and resistance training, while a live DJ turns up the energy as you burn off pounds. Your goal: complete 100 workouts and unlock the best version of you.



Transform: 20

Transform :20 is a high-intensity, six-week workout and nutrition program that will help transform your body and mind in just 20 minutes a day.



Liift 4

LIIFT4 combines heavy lifting and intense cardio to transform your body in 4 days a week. And with 32 unique, real-time workouts, you'll never get bored, because you'll never do the same one twice.



10 Rounds

This sweat-drenching boxing program delivers a maximum cardio burn by combining technique, repetition, and intensity for an incredible TOTAL-body workout.



Mes De Mas (Spanish)

Combo cardio and strength training moves are great for any beginner to get into a daily routine of exercise and get great results!



21 Day Fix

Get a major calorie burn, tone your muscles, and lose up to 15 pounds in 21 days with a different 30-minute real-time workout every day. Build on the moves weekly to get totalbody results, faster.



4 Weeks of The Prep

Prepare for any high level workout program with dynamic calisthenics and weight training.



Barre Blend

Create a lean, toned physique through a fun fusion of ballet barre, Pilates, and cardio interval training. Feel the burn as you sweat, stretch, and strengthen to energize your entire body.



Shaun T's Exclusive

These effective and fun workouts give you a taste of the programs available from Shaun T. Whether you're just ramping up or digging deeper, Shaun will inspire you to work your entire body.



Clean Week

Clean Week is a seven-day fitness and nutrition program designed to help you kick-start healthy habits that get real results and can lead to a lifestyle change that sticks!

Extreme Workouts

(Not kidding, these are athlete level, so proceed with caution.)

6 Weeks of The Work

Leave your excuses at the door. For six intense weeks, you'll take on relentless functional training to help you gain muscle, drop body fat, and achieve results you've never experienced before.

6 WEEKS OF **THE
WORK**™

21 Day Fix Extreme

21 Day Fix EXTREME Real Time helps you get serious results in 21 days with portion control and intense 30-minute workouts that progress from week to week for faster results.

21 day[®]
FIX
EXTREME





Sample Workout Calendar (with links!)

mon. [Liift 4](#) (Lift)

tues. [Barre Blend](#) (Lower Body)

wed. [10 Rounds](#) (Cardio)

thurs. [Transform: 20](#) (HIIT)

fri. [Morning Meltdown 100](#) (HIIT and lift)

sat. [Power Partners](#) or [21 DF](#) (Dynamic)

sun. [Clean Week](#) (Refresh)

(Power partners is a kid/parent workout, but oh-so-fun to do with a friend or significant other!)

Eat well, Stay well

We all want to stress eat right now, believe me. Our bodies believe that stress means soon there will be no food, so it tells us to eat high calorie, sugar filled foods so that we can build up fat stores for emergency!

Your body doesn't know the grocery stores are still open.

Luckily, we can still appease this basal instinct with healthy alternatives to junk food snacks. As well as reducing stress, planning out our meals, and being deliberate in the way that we shop. (As I always say, shop the rainbow and I don't mean skittles!)

Easy Healthy Dinner Ideas

**SOUTHWESTERN
SPAGHETTI SQUASH
BLACK BEAN BOWLS**



**TURKEY MEATBALLS
OVER ZOODLES
MARINARA**



**BANANA EGG
PANCAKES**



**OPEN-FACED
AVOCADO BURGER
AND TURNIP FRIES**



**OVERLOADED BAKED
SWEET POTATO**



**CAULIFLOWER
FRIED RICE**



**AVOCADO ZUCCHINI
ALFREDO WITH
SHRIMP**



**SOUTHWEST CHICKEN
LETTUCE WRAPS**



**EGG AVOCADO
SALAD TOASTS AND
ISRAELI SALAD**



My Favorite (under 30 minute) Recipes

Butternut Squash Fries

GF

PF

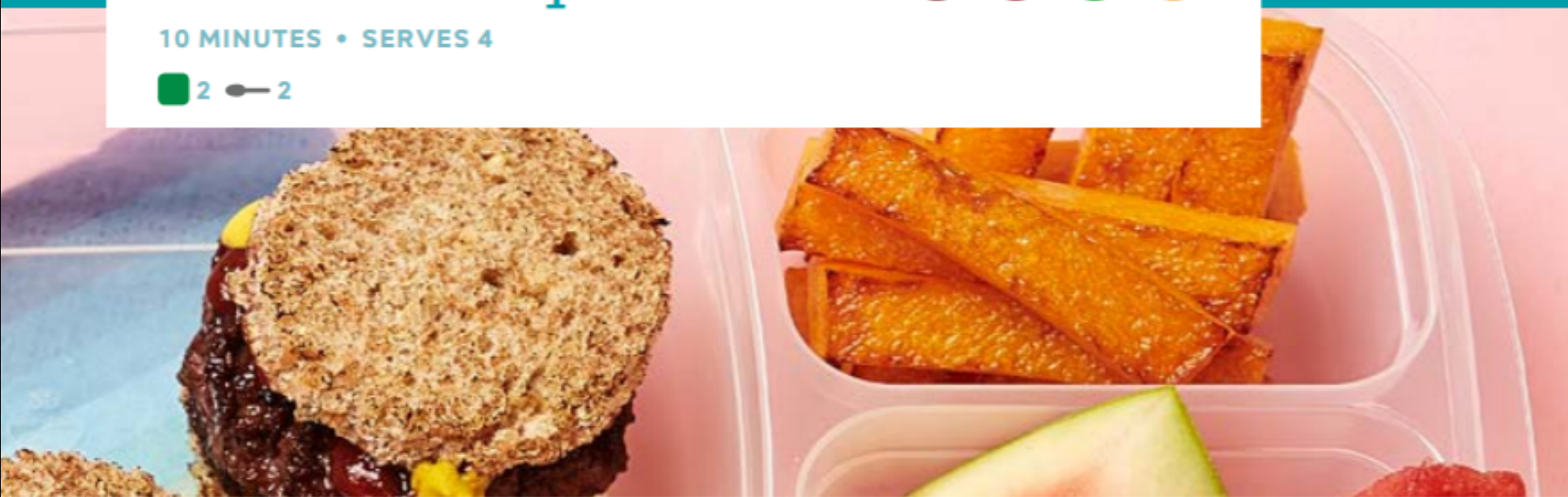
V

VG

10 MINUTES • SERVES 4

2

2



Ingredients

1 large butternut squash
¼ cup olive oil
Sea salt (or Himalayan salt)
(to taste; optional)

Preparation

1.

Cut neck off squash and reserve belly for other purposes. Peel neck, then cut into 3 x ½ x ½-inch sticks, resembling large French fries. Set aside.

2.

Heat oil in large skillet over medium heat until it sizzles when you dip the end of a squash stick into it. (350° F if using a thermometer.)

3.

Working in small batches to not overcrowd your skillet, fry squash sticks for approximately 5 minutes on each side, or until outsides are brown and crispy and insides are fork-tender.

4.

Remove to a plate lined with paper towels to absorb excess oil. Season lightly with salt (if desired) and serve immediately.

Egg Wraps

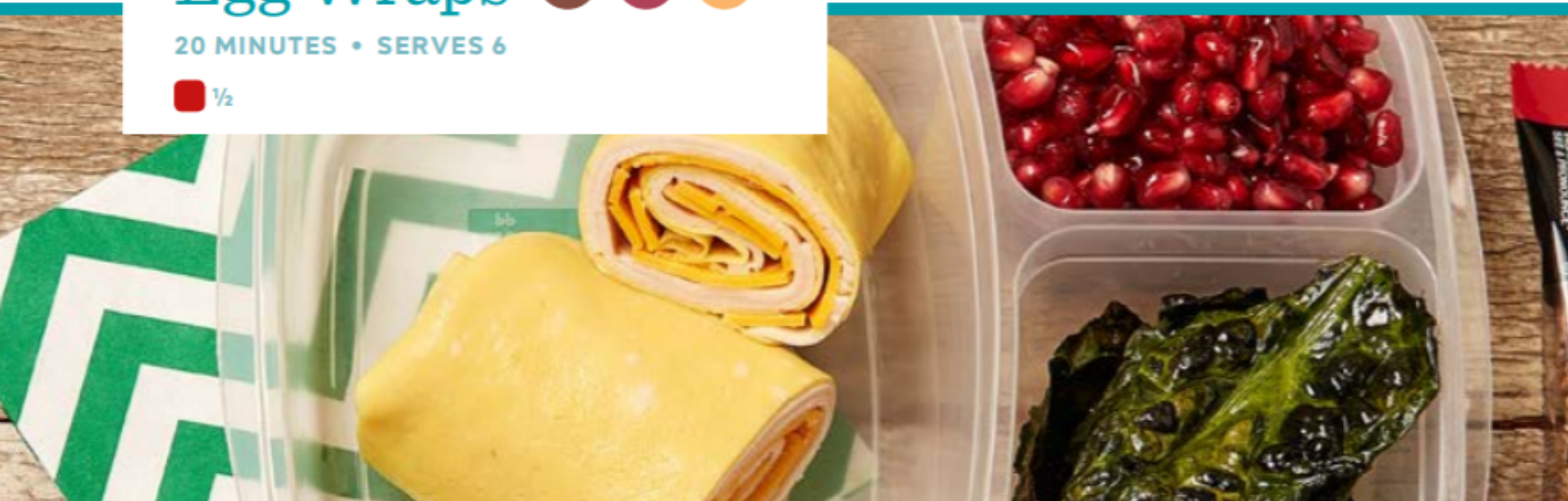
GF

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20 MINUTES • SERVES 6

½



Ingredients

6 large eggs, lightly beaten

Special equipment

Nonstick cooking spray

Preparation

1.

Heat 10-inch nonstick skillet, lightly coated with spray, over low heat until hot.

2.

Lift skillet from burner and add ¼ cup egg mixture, swirling continuously to coat bottom of skillet in an even layer. Swirl until all egg is no longer fluid.

3.

Return pan to burner; cook for 1 to 2 minutes, or until top has set.

4.

Turn wrap by gently lifting edge of wrap using a spatula. Once you have freed enough to hold on to, grab freed edge, set spatula down, and use both hands to quickly and gently flip the wrap, so that the top is now touching the pan; cook for 30 seconds. Place on a paper towel-lined plate.

5.

Repeat with remaining five wraps, stacking them with a clean paper towel between each wrap to avoid them sticking together.

Recipe Note:

•

Store finished wraps in resealable plastic bag in the refrigerator for up to 4 days.

Swiss Oatmeal with Banana & Green Apple

GF

VG

10 MINUTES • SERVES 2

 ½  ½  1  ½



Ingredients

- ¾ cup unsweetened almond milk
- ¾ cup reduced-fat (2%) plain Greek yogurt
- ½ cup dry old-fashioned rolled oats
- ½ tsp. pure vanilla extract
- 1 dash ground cinnamon
- ½ medium Granny Smith apple, chopped
- ½ large banana, sliced

Preparation

1. Combine almond milk, yogurt, oats, extract, and cinnamon in a medium bowl; mix well. Cover with plastic wrap and refrigerate overnight.
2. In the morning, divide oatmeal mixture evenly between two medium serving bowls.
3. Top evenly with apple and banana; serve immediately.

Recipe Note:

- Bob's Red Mill® Gluten-Free Dried Rolled Oats can be substituted for oats.

Waldorf Salad

GF

VG

15 MINUTES • SERVES 4

 ½  1  ½  1



Ingredients

- ½ cup reduced-fat (2%) plain Greek yogurt
- 2 Tbsp. mayonnaise
- 2 Tbsp. apple cider vinegar
- 1 Tbsp. finely chopped fresh dill weed
- 1 Tbsp. finely chopped fresh tarragon
- 1 Tbsp. raw honey*
- ¼ tsp. sea salt (or Himalayan salt)
- ¼ tsp. ground black pepper

For Salad:

- 2 small apples, cut into ½-inch cubes
- ½ cup chopped celery (approx. 1½ medium stalks)
- ¼ cup coarsely chopped raw walnuts
- ¼ cup raisins
- 4 Bibb (or Boston) lettuce leaves

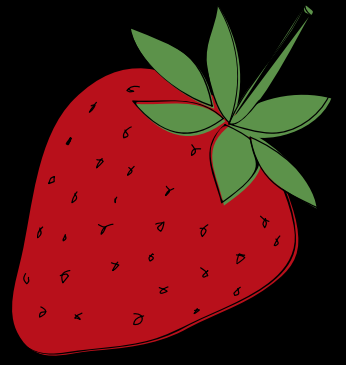
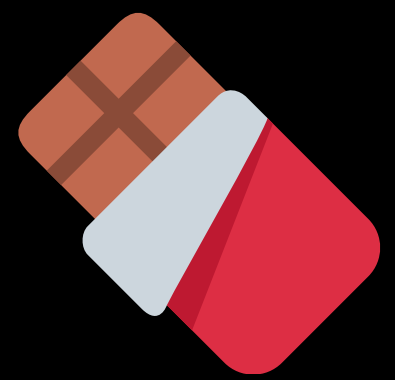
Preparation For Dressing

1. Combine yogurt, mayonnaise, vinegar, dill, tarragon, honey, salt, and pepper in a medium bowl; whisk to blend. Set aside.

Preparation For Salad

1. Add apples, celery, walnuts, and raisins to dressing; toss gently to blend.
2. Top each lettuce leaf evenly with salad mixture; serve immediately.

My Favorite Easy, Healthy Dessert



This chocolate chia pudding is absolutely delicious! Stress cravings are *real* right now, but luckily chia and chocolate are both amazing superfoods that come together in this recipe to give you a tasty, guilt-free treat!

CHOCOLATE CHIA PUDDING WITH STRAWBERRIES



SERVES: 1 **Prep Time:** 20 min. + 4 hours (or overnight) **Cooking Time:** None

CONTAINER EQUIVALENTS (per serving):  ½  ½  1

½ cup unsweetened almond milk
2 Tbsp. chia seeds
1 Tbsp. unsweetened cocoa powder
1 tsp. pure maple syrup
¼ tsp. pure vanilla extract
1 pinch sea salt (or Himalayan salt)
½ cup chopped strawberries

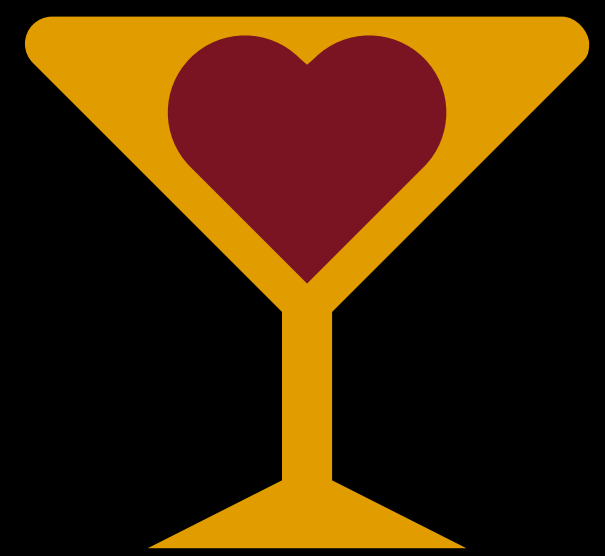
1. Combine almond milk, chia seeds, cocoa powder, maple syrup, extract, and salt in a large bowl; whisk vigorously until cocoa powder is incorporated, and pudding is well blended.
2. Let stand at room temperature for 30 minutes; mix well. Refrigerate, covered, for 4 hours (or overnight), stirring occasionally.
3. Top with strawberries.

VARIATION:

This pudding could also be topped with chopped banana, fresh blueberries, fresh raspberries, chopped kiwifruit, or chopped pear.



Mocktail Quarantinis



Since mid-January, my partner and I have gone tea-total (sober!). Aside from feeling healthier, lighter, more energetic and less bloated, this has set me on an alternative drinks kick! I know it can seem appealing to reach for something alcoholic in this time of stress, but trust me, that's just going to set you further back. Alcohol is a depressant after all. So, go ahead and try one of these clever mocktails, (and maybe take a few deep breaths if you just need to relax)!

STRAWBERRY ORANGE MANGO KOMBUCHA MOCKTAIL

Kombucha has become the hottest craze, and for good reason. It is full of probiotics, antioxidants, and fizzy goodness!

INGREDIENTS

2 16- ounce bottles Original Kombucha unflavored
2 cups 100% orange-mango juice
1 ripe mango peeled, pitted, and chopped
2 cups fresh strawberries chopped

INSTRUCTIONS

Add all ingredients to a large pitcher and stir. Serve over ice and enjoy!



RASPBERRY WINE VINEGAR SHRUB

Once a sailors scurvy remedy and Victorian aperitif, this delicious drink is full of antioxidants and vitamin C and is sure to excite the tastebuds!

INGREDIENTS

1/4 cup raspberry wine vinegar
1/4 cup blood orange juice
1/2 cup water
3 Tbsp ground stevia (or other natural sugar replacement, such as Monk Fruit, honey, or date paste)
1-2 drops of aromatic bitters
Kumquat & basil for tasting garnish

INSTRUCTIONS

Combine all ingredients together in a large glass/shaker and stir or shake. Let it sit for a few minutes to let the stevia dissolve a bit. Pour and serve over ice.

My Daily Dose of *Chocolatey* Botanical Goodness



Botanical elements have been used in medicine since time immemorial. Though I can't claim plant foods 'treat' anything, herbal remedies can do powerful work in aiding the bodies natural processes. Their purpose is to support the immune system and bodily response that's already in place, as opposed to conventional medicines (which have their place) that come in blasting the foe directly.

I use this mix of botanical elements *every day* to help my body regulate better (I have an autoimmune condition) and stay in fighting shape in case any viruses decide to intrude...

Click the photo for more info!



MUSCLE FUEL AND MORE You might think protein is just for muscle support and recovery, but it's actually essential to survival. Protein is critical for building and repairing every cell in your body, and making hormones, bones, cartilage, and blood. Each serving of our formula contains between 16 g and 17 g of quality proteins from a variety of sources that make up a complete protein with all 9 essential amino acids.*	POWERFUL DAILY NOURISHMENT We believe you simply feel better when you feed your body high-quality nutrition. Getting the vitamins, minerals, superfoods, and phytonutrients found in Shakeology can help you live a happier, healthier, and more productive life if you get that nourishment consistently.*	ADAPTOGENS, MUSHROOMS, AND MORE Many of Shakeology's rare adaptogens and superfoods have been used for thousands of years by traditional health practitioners to help people adapt and respond to the effects of stress. Whether you experience stress from working out or living a busy lifestyle, you should feed your body the nutrition it needs to defend itself, so you can continue feeling great.*
FREE RADICAL FIGHTERS Every day you're exposed to free radicals from pollution and environmental chemicals in the air, water, and even in trace amounts in the healthiest foods you eat. Many of Shakeology's ingredients have antioxidant properties which help fight free radical damage.*	GUT HEALTH SUPPORT Many shakes claim to support gut health, but only contain one source of fiber and maybe a few probiotics. Shakeology boasts insoluble and soluble fibers, plus prebiotics, probiotics, and digestive enzymes that all work together to benefit your gut health and regularity. Your digestive system deserves the total package.*	

Get Some Learnin'



My favorite resources for online learning!
(For Adults)



edX

Access 2000 free online courses from
140 leading institutions worldwide.



MIT OpenCourseWare

A web-based publication of virtually all
MIT course content.



Open Culture

Thousands of free online courses,
audio books, textbooks, eBooks,
language lessons, movies and more.



Coursera

Join Coursera for free and learn
online. (Some courses free, some
charge.) Build skills with courses from
top universities and companies.



Fun and Games

My Favorite Webcomics!

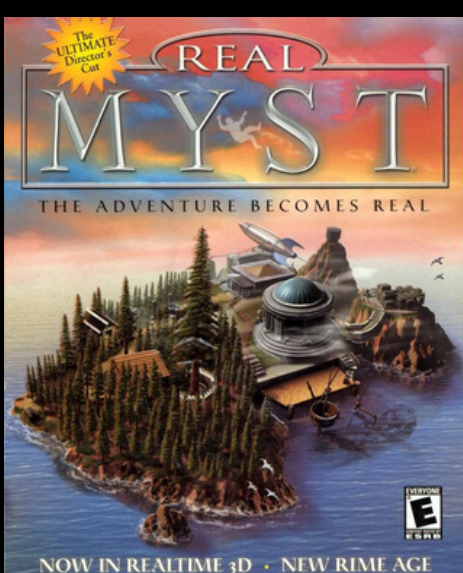


Free logic, cryptographic, and linguistic puzzle archive!
Great escape room training.



Online playing card games, including a free version of Cards Against Humanity.

Born from the 90's trivia game "You Don't Know Jack". These are the best "irreverant" party games! (Trivia Murder Party is my favorite...)

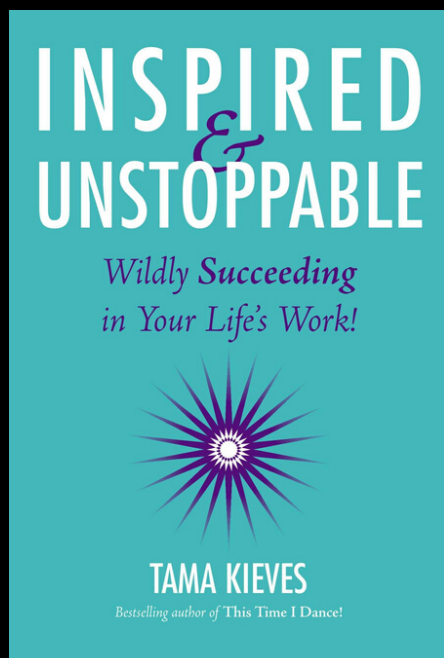


Remastered from the classic Myst. The hardest, most amazing puzzle game in all of history. I recommend allowing a walkthrough 'clue' or two to get unstuck.

One Night Ultimate Werewolf. You probably played it as a kid. Each player takes on the role of a Villager, a Werewolf, or a special character. It's your job to figure out who the Werewolves are. No moderator needed!

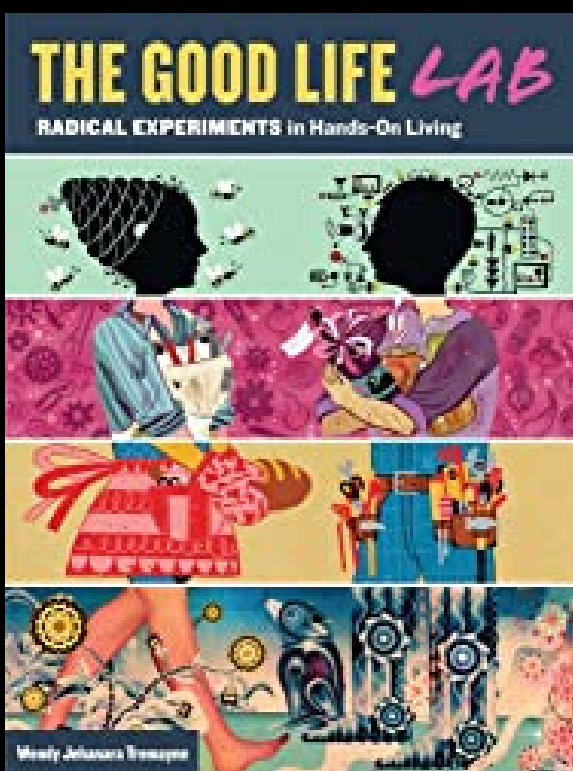
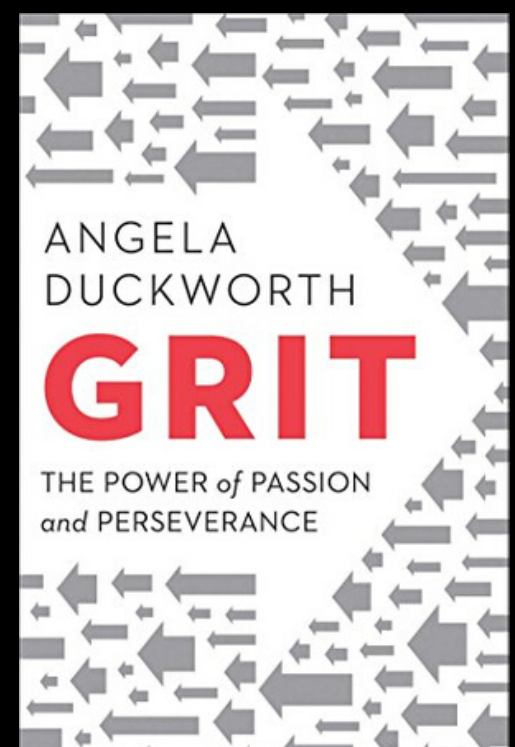


Personal Development and Inspiration



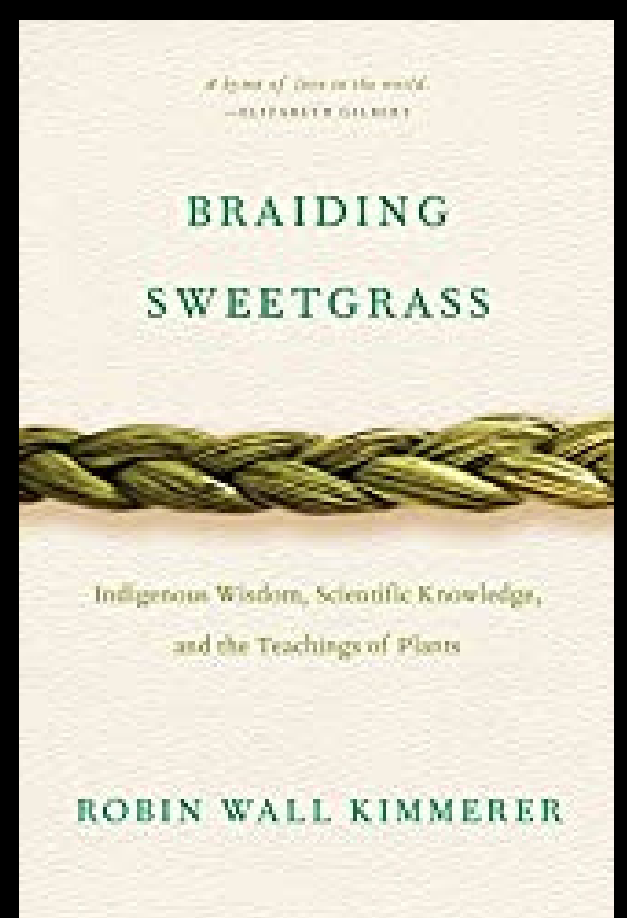
Inspired and unstoppable, wildly succeeding in your life's work! Whatever you do in life, this book helps tap into the magic of the thing. Easily digestible with quippy 'successisms'.

Grit, the power of passion and perseverance. MacArthur “genius” grant winner and psychologist Angela Duckworth takes you through her research on grittiness at West Point Military Academy and among successful people in all walks, and how you can cultivate passion and persistence in your own life.



The Good Life Lab: Radical Experiments in Hands-On Living. Join the journey as Wendy and her husband go from big-city life to a more heart-centered hands-on way in Truth or Consequences, NM. Fun tips, tools and recipes within! (I've bought and gifted 4+ copies, LOVE this book.)

Braiding Sweetgrass. Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants. More than a science book, more than a story book. Kimmerer threads together her experience as a biologist, indigenous person, and woman and how plants inform and enrich our lives. I could read this 1,000 times.



Stay strong!



"Creativity can solve almost any problem. The creative act, the defeat of habit by originality, overcomes everything."
-George Lois



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community!