

THE 2021 SHAPE YOUR FUTURE COVID-19 HEALTHY TOOLKIT

Goodbye, 2020. Hello, 2021! The new year brings many opportunities to make healthier choices. Being active, eating healthy and drinking lots of water are great ways to kick-start a year of health. These behaviors don't just make your body stronger — they boost your mental health too!

While there is a lot to look forward to in 2021, there is no denying how challenging this past year has been. The fact is, living healthfully is the best defense in difficult times.

Please use the following video content, sample social posts and free downloadable content for your organization and audiences. Shape Your Future is here to help make the healthy choice the easy choice for all Oklahomans, especially during this challenging time.

GET ACTIVE

Physical activity can help reduce stress and boost your immune system.

- Adults need 30 minutes of physical activity a day, and kids need 60. You don't have to do it all at once — divide it into smaller breaks throughout your day.
- Make it a family affair with kid-friendly workout videos. Work up a sweat (and have fun!) with our FREE workout videos below.

PROPER NUTRITION IS KEY

Fruits and vegetables are essential for a healthy diet and keep your body strong to fight off illness.

- Incorporate fresh, frozen or canned fruits and vegetables into your meals each day.
 - At the grocery store, avoid buying unhealthy snack foods like chips, sugary drinks and sweets. Instead, opt for healthier snacks like carrots and hummus or fruit with a nut butter of your choice.
 - Think outside the box with your meals. Let the kids plan a dinner, make a new recipe or try a new vegetable. This is a great time to teach your kids about healthy habits in the kitchen.

MAKE HEALTHY SWAPS IN 2021

Making healthy swaps each day will help you stay productive and reduce fatigue.

- **Swap soda for water.** It's tempting to drink sugary drinks like fruit juice, sports drinks, soda, energy drinks or alcohol while you're at home. Choose water instead and watch your health soar.
- **Trade junk food for healthy snacks.** Choose fruit, sliced veggies, unsalted popcorn, pretzels, nuts and seeds over chips and sweets. These healthy snacks contain fiber, which helps you feel full until your next meal.
- **Swap screen time for active time.** Aside from work and school tasks, try limiting your family's screen time to one to two hours a day.
- **Swap sugary cereals for whole grain cereals.** Double-check your favorite cereals for sugar content. Cereals high in fiber are typically low in sugar. Check the top shelf of your cereal aisle for these healthier options!

https://ShapeYourFutureOK.com/individual_pdfs/sugar-cheat-sheet/



KID-FRIENDLY DOWNLOADS



Free kids' activities like coloring sheets, downloads, posters and more:

- <https://ShapeYourFutureOK.com/videos-and-extras/kids-activities/>



Meal plans, physical activity plans and more:

- <https://ShapeYourFutureOK.com/videos-and-extras/guides-flyers/>



Kid-friendly physical activity ideas:

- <https://ShapeYourFutureOK.com/get-active/kid-friendly-tips-activities/>

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SAMPLE SOCIAL MEDIA CONTENT

Share these posts (or something similar) to engage, inspire and interact with your audience.

VIDEOS

Indoor Workouts with Household Items

- Link: <https://www.youtube.com/watch?v=UGWw8dm88mE>
- Post: Cabin fever setting in? Turn your living room into a home gym, using household items as equipment! All it takes is a little creativity to get your 30 minutes of physical activity (and 60 for kids)!



Outdoor Social Distancing Workouts

- Link: <https://www.youtube.com/watch?v=1Qycpi9sATA>
- Post: Practice safe social distancing by getting some sunshine. These moves are great because you can do them anywhere — plus, they're free! Adults need 30 minutes of physical activity a day, and kids need 60.

Frozen Yogurt Pops Recipe

- Link: <https://www.youtube.com/watch?v=uWVqwhBtzqk>
- Post: Yo! If you're looking for an easy, yummy snack, these Frozen Yogurt Pops are great. The best part? They are 100% kid-approved!

Southwest Rice Bowl

- Link: https://www.youtube.com/watch?v=Qc7LsPEcVDo&list=PLOXDgyGFbnVvBumjqtcfmeJfVmt_vo1NX&index=5
- Post: Spice things up with this Southwest Rice Bowl from Shape Your Future! It's a great way to use affordable and healthy pantry staples like brown rice and black beans.



BLOG POSTS

Food Safety 101

- Link: <https://ShapeYourFutureOK.com/food-safety-step-step-guide/>
- Post: Food safety is a critical part of keeping your family healthy. By safely selecting, washing, preparing and storing fresh produce, you can prevent contamination — and protect your health.

Seven Meals to Make in 20 Minutes or Less

- Link: <https://ShapeYourFutureOK.com/7-meals-make-20-minutes-less/>
- Post: Fill half your plate with fruits and veggies with these simple dinner recipes. They're healthy and flavorful... and they can be prepared in 20 minutes or less!



Chef Val's Blog

- Link: <https://ShapeYourFutureOK.com/winter-meal-makeovers/>
- Post: Chef Val is here with a bundle of genius kitchen tips. Get healthy and delicious ideas to turn full cupboards into full bellies! See Chef Val's tips!

LET'S CONNECT

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