



6 Secrets to Prevent Weight Gain During Coronavirus Epidemic

- 1. Daily schedule: foods, breaks***
- 2. Exercise: 30 min midday break***
- 3. Healthier food choices: no skipping***
- 4. Smarter shopping***
- 5. Limit alcohol: 7 drinks/wk or less***
- 6. Sleep: try for 7-8 hrs or more***