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| We’re all in this together. Just 6 feet apart. Together we can slow the spread of COVID-19. Don’t let the cold keep you from being active. If it’s cold outside, bundle up and go for a walk, run or bike ride.  Add an extra layer of clothing to keep warm. Wear a sweatshirt, sweater or long-sleeved shirt under your coat. If you get too warm, take off a layer. [www.cdph.ca.gov/COVID19](http://www.cdph.ca.gov/COVID19) | A picture containing outdoor, road, grass, man  Description automatically generated |
| We’re all in this together. Just 6 feet apart. Together we can slow the spread of COVID-19. Get Moving. Physical activity strengthens your bones and muscles. Plus, it improves your mood and mental health. So, get moving! [www.cdph.ca.gov/COVID19](http://www.cdph.ca.gov/COVID19) | A person that is standing in the grass  Description automatically generated |
| We’re all in this together. Just 6 feet apart. Together we can slow the spread of COVID-19. Daylight savings began last month, which means another full hour of daylight! How will you spend that extra hour of sunshine? Try taking a walk or bike ride after dinner. [www.cdph.ca.gov/COVID19](http://www.cdph.ca.gov/COVID19) | C:\Users\jpacheco2\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Outlook\7CYWA78T\ElderlyAsianBIke (002).jpg |
| We’re all in this together. Just 6 feet apart. Together we can slow the spread of COVID-19. Spring into health by increasing your physical activity. Work in the garden, ride a bike, or take a walk. [www.cdph.ca.gov/COVID19](http://www.cdph.ca.gov/COVID19) | A group of people riding on the back of a bicycle  Description automatically generated |
| We’re all in this together. Just 6 feet apart. Together we can slow the spread of COVID-19. Tai Chi can help reduce stress and build strength in your muscles and bones. Its slow, steady action can also help increase flexibility. [www.cdph.ca.gov/COVID19](http://www.cdph.ca.gov/COVID19) | A person standing on top of a sandy beach  Description automatically generated |
| Make sure to eat healthy during our fight against COVID-19. Enjoy high protein snacks like nuts, cheeses, hard boiled eggs or hummus that can help us stay full longer and give us energy. Try a different snack each week. [www.cdph.ca.gov/COVID19](http://www.cdph.ca.gov/COVID19) | A plate of food on a table  Description automatically generated |
| Make sure to eat healthy during our fight against COVID-19. Make half your plate fruits and veggies for every meal. Try a new fruit or veggie each week to help keep your heart healthy! [www.cdph.ca.gov/COVID19](http://www.cdph.ca.gov/COVID19) |  |
| Make sure to eat healthy during our fight against COVID-19. Did you know that apples are one of the most popular fruits in the U.S.? They’re typically available year round. Apples are great as a snack or cut up in a salad. Choose a different type of apple each time you shop. [www.cdph.ca.gov/COVID19](http://www.cdph.ca.gov/COVID19) | A pile of fruit  Description automatically generated |
| Make sure to eat healthy during our fight against COVID-19. Eating healthy doesn’t have to break the bank! Here are few ways you can shop smart and save money on fruits and vegetables. Try a new fruit or vegetable each time you shop.   1. Try canned or frozen fruits and vegetables. 2. Buy items in bulk when on sale.   [www.cdph.ca.gov/COVID19](http://www.cdph.ca.gov/COVID19) | A person standing in front of a fruit stand  Description automatically generated |
| Make sure to eat healthy during our fight against COVID-19. Beans are an excellent source of plant protein. Dry beans are in season all year long and have a long shelf life. Beans can also be found canned or frozen. Buy a new variety each time you shop. [www.cdph.ca.gov/COVID19](http://www.cdph.ca.gov/COVID19) | A pile of food  Description automatically generated |