

[Kevin]: Welcome to Live Well, Be Well! A podcast where we speak candidly about all things wellness! My name is Kevin, pronouns are he, him, his, and I'm one of the co-leads for the General Health Speciality in the Student Health Advocates Program(SHA) (insert title, role, or position) at UC San Diego. And here are our General Health SHAs who will be talking today!

- Andrew, Sheetal, Crystal, and Uma introduce themselves in the same format.

[Sheetal]: On this episode of Live Well Be Well, we'll be talking about how we are staying physically and socially active in a time when it is difficult to do both. We'll also be talking about some great resources you all can look into if you want to increase your physical activity!

[Andrew]: We hope you get inspired, we hope you feel connected, and we hope you discover new ways to live your best life. Let's get started!

1. Kevin: It's really hard to stay active when we are inside all the time, but one of the ways I try to stay active is by doing an at home workout circuit that involves a variety of different exercises I found online! How do y'all stay active these days?

- SHAs talk about ways to stay active. Are encouraged to talk about personal ways they themselves are staying active
 - Possible ideas
 - Going for a walk outside/exercising outside
 - Ways they can keep themselves moving every 30-60 minutes

Sheetal: I've been using this time to practice yoga daily. I've also recently started doing dance classes online with my friends on Zoom. Quarantine is a challenging time mentally and emotionally so feeling a little demotivated is normal. I'd suggest going on daily walks/runs to get the blood flowing and to get a little mental clarity.

Andrew: Something that has helped remind me to move from my near permanent seat in front of the computer are focus timers. These times usually run on an interval of "work" and then "break" - I'll use the break interval to get up, stretch, and maybe take a walk outside. This way of timing isn't just for work - it's great for when you're relaxing too. My personal favorite among these interval timers is 52 minutes of work and 17 minutes of break. There's a great and simple website at web.5217.app that does it for you!

Uma: The things I've been doing to keep active are simple--climbing up and down the stairs several times a day, stretching after listening to a lecture, and doing short cardio workouts that I've found on YouTube. My mom and I have been dancing to Bollywood Zumba videos--they're a fun way to workout without feeling like you're working out!

Crystal: I used to gym often before this happened, so it was a sudden change. Since I don't have equipment, I have been doing bodyweight exercises with more sets and reps to feel the same effect. I also took this time to finally try yoga, and I love it! It's a great way to relieve stress in your body and relax. Downdog is a great app for beginners and is free during this time!

2. Kevin: It has been hard to socialize like we normally do because we want to slow the spread of COVID-19. This has forced us to invent new ways to stay connected with each other while not physically being near each other. How have y'all been socializing?

- SHAs talk about ways to stay socially active. Are encouraged to talk about personal ways they themselves have been socializing with their friends and family
 - Possible ideas
 - Zoom Hangouts
 - Zoom study sessions

Uma: I think it's lucky that we live during a time where we can easily communicate with people far from us. I've been using Zoom to call my friends. We've done Zoom study sessions where we all do our separate homework together--if we change our backgrounds, we can pretend we're at Geisel. We've shared our screens to do some online shopping together. We've used Netflix Party, a Chrome extension, to watch movies and TV shows together. Virtual hangouts are definitely not the same as seeing your friends in person, but they're a great solution for not feeling lonely in our current situation.

Andrew: In the spirit of physical exercise and social interaction, I've been really enjoying video calling my friends and working out with them! We call each other over Zoom and share our screens of different YouTube or UCSD online Rec workouts that don't require equipment and give it a go. I think it makes exercising a lot more fun and more motivating. It might be a great idea to set up a regular time each week to call-in, check-in, and sweat together (virtually)!

3. Kevin: With all this talk of virtual meetups, it reminds me that I'm really looking at a screen a lot these days. For lectures, for hanging out with friends, for work related events... it's a lot! How do y'all try to manage the amount of increased screen time you are having these days?

- SHAs talk about ways to manage their screen time. Are encouraged to talk about personal methods they use to minimize screen time
 - Possible ideas
 - Doing non-screen based activities
 - Spacing out the times they are using their electronics

Sheetal: I think a good way to decrease screen time would be to pick up hobbies or interests that don't involve looking at a screen. For example, instead of watching Netflix, you could use this opportunity to read some books you've been wanting to read. Meditation is also an excellent way to tune in with yourself and stay away from screens. If you are with your family or you have roommates, set some time aside to play board games, cook, anything to just be away from the computer.

Andrew: Going off of that, if you want to give your eyes a break, I highly recommend trying to use podcasts to listen to news instead of watching or reading it. Some great free news podcasts include the New York Time's The Daily, NPR's Up First, and BBC's Global News Podcast. Also, if you're just getting into meditation, two apps that provide audio-based meditations include Oak and Mindspace, the former of which is free and the latter of which has a great student discount. These are some solid ways to minimize your screen time while still being able to connect, learn, and relax.

Crystal: One great piece of advice someone told me has been super helpful in taking care of my eyes! It's called the 20/20/20 rule. For every 20 minutes of looking at a screen, stop and look at something 20 feet

away for 20 seconds. This helps your eyes readjust to looking at things far away and prevents far-sightedness.

Conclusion

Sheetal: Well thank you everyone for your thoughts! That concludes this episode of Live Well Be Well! If you like what you heard and would like to learn more about topics related to health and wellness, there's much more to come! Be sure to check out our website at <https://sha.ucsd.edu/> and follow us on Instagram @ucsdsha and on Facebook @ UCSD Student Health Advocates . Stay tuned for our next episode of Live Well, Be Well.

Uma: Until next time: be kind, be true, be you. And remember: to be well is to live well.