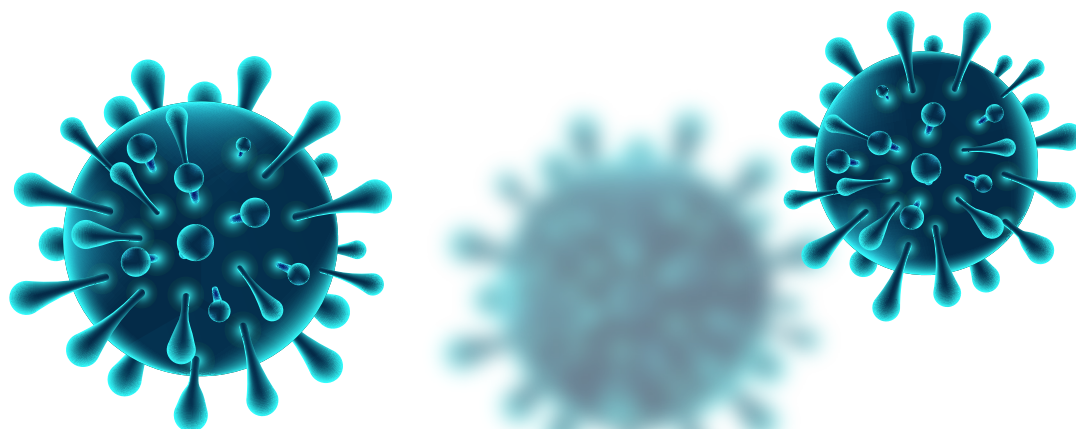


**STAY HOME, STAY SAFE**



## **How to Eat, Move, and Calm Down During the Coronavirus Pandemic**



*Connie Bennett*

By **Connie Bennett**

Never before has the phrase, “We’re in this together,” held more meaning with nearly four billion of us around the planet (half of humanity at this writing) now under some sort of stay-at-home order due to the Coronavirus pandemic.

Although we need to do social distancing to protect our and others’ health and to slow the spread of COVID-19, we can do many productive, calming, creative things to thrive, not just survive, during this stressful time.

### Together, let’s transform this Stuck-at-Home Lockdown into a Stay-at-Home Opportunity.

Indeed, we can choose to view this global health threat as an ideal time to rededicate ourselves to self-care; pursue projects we’ve put on the back burner for months, if not years; and lay valuable groundwork to become our very best selves.

Thanks to the generosity of many health, personal empowerment, motivational and fitness experts, as well as museums, galleries, and opera houses, we can enjoy many free virtual offerings that help us improve our minds, soothe our souls, and stretch our bodies while in isolation.

To help you view quarantine as a Stay-at-Home Opportunity, let’s turn to the amazing inspirational leader, the late Louise Hay, whose affirmation can bring us hope:

*“All is well. Everything is working out for my highest good. Out of this situation only good will come. I am safe.”*

—**Louise Hay** (1926-2017), Motivational Leader, Bestselling Author of *You Can Heal Your Life* and many others, and Founder of Hay House

## HOW TO EAT DURING LOCKDOWN

Right now, during this Coronavirus pandemic, most of us around the globe have never faced such intense, overpowering, consistent stress.

What you need to know is that the research shows that [stress can cause us to overeat](#).

What's more, scientists have linked weight gain to stress.





So right now, in addition to finding ways to calm down (such as doing EFT, meditating, and exercising), we need to be more attentive to what foods we're eating.

Of course, during this stressful time, it may be incredibly tempting to nervously nosh on or overeat processed sweets, fatty dishes, and carb garbage, or what I call *carbage*.

But during this Coronavirus pandemic, we can still stand strong, especially when it comes to food. We can eat right. Indeed, we have a choice. We can select wholesome, nourishing, nutrient-dense foods instead of easy-to-buy junk foods.

While we face or ride out this pandemic, it's important to eat cleanly for several important reasons:

- First, you have an awesome opportunity now to get your best body during lockdown.
- Next, you do *not* need or want to pack on the unwanted "Corona 15." (That's the phrase people are using to refer to gaining 15 pounds under quarantine. This saying is a spinoff of the "Freshman 15," which is when a student may add on 15 pounds the first year at college.)
- Third, during this Coronavirus pandemic, you want to fortify your immune system. One of the best ways to improve your body's defenses is to cut out or reduce your intake of sugar or processed carbs, because as research shows, viruses thrive on sugar.

To help you quit sugar or carb garbage (*carbage*), **for the first time ever**, as my gift to you during the Coronavirus pandemic, I'm offering a [free download of my last book, \*Beyond Sugar Shock! The 6-Week Plan to Break Free of Your Sugar Addiction & Get Slimmer, Sexier & Sweeter\*](#).

In your copy of *Beyond Sugar Shock*, you'll get:

- A list of foods to Move Beyond Sugar Shock (pages 193 to 206);
- A one-week, sugar-free meal plan (pages 207 to 210); and
- Recipes so you can Move Beyond Sugar Shock (pages 211 to 230).



## **HEALTHY FOODS TO KEEP IN STOCK**

Since most of us around the world are now quarantined due to the Coronavirus, you want to try to get enough food to last for two weeks.

But before you shop in any more grocery stores, you want to be honest with yourself and your loved ones.

Do you or your loved ones—like millions of us—overeat when feeling edgy, uneasy, or stressed out?



## How to Eat, Move, and Calm Down During the Coronavirus Pandemic

If you are one of many, who sometimes or often overeats when stress strikes, you need to carefully think about what foods you'll choose to keep in stock.

Ask yourself this: Can you keep high-calorie, gluten-and-sugar-filled cookies, crackers, or other processed snacks at home for a whole 14 days without overeating them?

Given the stress we're universally facing, just do the best you can.

But please bear in mind that when you eat foods that contain sugar, gluten, and processed carbs, your blood sugar levels may soar quickly, which means that you may get hungrier faster and more often.



[Share this FREE ebook about How to Eat, Move, and Calm Down During the Coronavirus Pandemic](#) with your friends, loved ones, neighbors, work colleagues, and social media contacts. [Download it here.](#)

## 10 Tips on Foods to Buy that Nourish You

Now, here are 10 tips on foods to choose to nourish you and help you slim down or stay the same weight while homebound during lockdown:

- 1) If you can, get fresh vegetables such as cucumbers, red cabbage, Brussel sprouts, celery, radishes, and cauliflower.
- 2) If you're having challenges finding fresh veggies in your part of the country or world, buy frozen or jarred veggies such as green beans, artichokes, and mushrooms. (Choose those with no added sweeteners.)
- 3) Stock up on quality lean meats, and poultry fish. Then keep them in your freezer.
- 4) Likewise, store canned chicken, sardines, or salmon in your pantry.
- 5) Buy non-perishable lentils, chickpeas, and split peas. (Your loved ones will appreciate if—before you cook them—you soak the beans for about eight hours overnight in two to three inches of cool water. This means you'll have less flatulence or gas.)
- 6) Get fresh sweet potatoes, yams or pumpkins. (After you cook them, you can store them in the fridge or freezer to eat later.)
- 7) Pick up almonds, pecans, walnuts, and pistachios. (If you soak the nuts overnight, the phytic acid is broken down, and you'll digest them better.)





## How to Eat, Move, and Calm Down During the Coronavirus Pandemic

- 8) Buy eggs, if you're not allergic. They're great sources of protein. You can even store hard-boiled eggs in your fridge for snacks.
- 9) If you're concerned about getting enough protein, you might want to purchase [the Original Amazing Grass Protein Superfood](#). (Often, I start my days with this sugar free powder, along with chia seeds, whatever fresh veggies are in stock, coconut milk, organic avocados, cacao nibs and other sugar-free goodies.)
- 10) If you're not eating enough veggies, try a green powder supplement as a back-up. (I like [Vitamineral Green from Health Force Super Foods](#).)



Now for a few more health pointers:

- Try to avoid artificially sweetened foods, because research shows that they can increase your cravings for sweets and lead to overeating.
- Many people who want to cut back on sugar find that it's easier to eat cleanly if they avoid dried fruits, which are high in sugar and may be tough to resist, because they taste so good.
- Have some fun in the kitchen with (or without) your kids and loved ones.
- Although they're not foods, get ample "zzzs" (sleep) and sufficient sunshine during this time.

[Share this FREE ebook about How to Eat, Move, and Calm Down During the Coronavirus Pandemic](#) with your friends, loved ones, neighbors, work colleagues, and social media contacts. [Download it here.](#)

## 7 EASY LOW-CARB SWITCHEROOS TO ENJOY IN QUARANTINE

Now here are seven ideas on how to cut back on carbs, eat better, and enjoy doing so while in quarantine:



Photo of the Miracle Noodle dish by Xen Heying, a Keto expert, who you can find at @ketokitchxen on Instagram or Facebook.

- 1) If you long for gluten-filled spaghetti or other pasta dishes, instead try tasty, low-calorie, low-carb options such as glass or kelp noodles, spaghetti squash, or cabbage noodles. For instance, you could try [Explore Cuisine Edamame Spaghetti](#), [Capello's Almond Flour Fettuccine](#) or [Miracle Noodle](#), black bean spaghetti, spaghetti squash, or cabbage noodles.
- 2) If you want comforting, gluten-filled, mashed potatoes, instead try cooking cauliflower and then blend or smash it into cauliflower couscous and top with spices such as sea salt, black pepper, or dill weed.
- 3) If you crave high-calorie, sugar-filled ice cream, instead eat some yummy, low-calorie, sugar-free, chilled or frozen blueberries, strawberries or boysenberries. (Try to limit yourself to half a cup or one cup at a time to lower sugar content. If you want some more sweetness, you could sprinkle on some sugar-free cinnamon, pumpkin spice, or slivered almonds.)

## How to Eat, Move, and Calm Down During the Coronavirus Pandemic



- 4) If you yearn for an easy, tasty, sweet snack, try half a frozen banana, a small or medium apple, or a few stalks of celery, and spread on one or two tablespoons of nut butter. My favorite is [Paleo Power Fuel Nuttzo](#), which contains seven different kinds of nuts and seeds, is high in protein, and has no added sugar. (By the way, if you refrigerate Nuttzo, it's much tastier, I've found. Plus, to keep you from overeating while in quarantine, try freezing the extra containers. It's almost impossible for you to dip a spoon into your NuttZo stash if they're frozen).
- 5) If you crave something sweet, bake some yams, sweet potatoes, or pumpkins in advance, and then store them in the fridge for a few hours or days. (You may want to put cold chunks into a morning shake or eat half a sweet potato with your dinner or lunch.)
- 6) If you really long to chomp on some cookies or crackers, try baking your own with either less or no sugar. Then, instead of regular flour, use gluten-free [almond flour](#), [chickpea flour](#), or [coconut flour](#).



- 7) If you want some bread, try one of my favorite, nourishing lockdown favorites, organic, gluten-free, sugar-free, veggie [Wraps](#). They taste awesome covered with nut butter or hummus.



**Note from Connie:** Please join me in supporting the awesome food companies, whose links I provide. Since we want all these businesses to continue to offer their clean, wholesome, tasty products, all income goes directly to them. To be clear, there are NOT affiliate links so all sales go to these companies.

[Share this FREE ebook about How to Eat, Move, and Calm Down During the Coronavirus Pandemic](#) with your friends, loved ones, neighbors, work colleagues, and social media contacts. [Download it here.](#)



## WAYS TO EXERCISE AT HOME



Since you can't get to a gym during lockdown, it's still easy to exercise. For instance, you can:

- Do yoga, Pilates or Tai Chi alone at home.
- Boogie or bounce in place while attending a webinar or Zoom program;
- Dance, stretch, and swirl to your favorite tunes while you clean your home;
- Take short boogie breaks either alone or with your family;
- Chill out for a walk in the neighborhood, if it's safe, and/or climb stairs near your home;
- Go for bike rides, but, of course, remember social distancing; and
- Lift weights. (If you don't have weights, try substituting cans of food or books.)

[Share this FREE ebook about How to Eat, Move, and Calm Down During the Coronavirus Pandemic](#) with your friends, loved ones, neighbors, work colleagues, and social media contacts. [Download it here.](#)

## How to Eat, Move, and Calm Down During the Coronavirus Pandemic



If you'd prefer to follow a virtual instructor for your workouts, here are some exciting options:

- You can get unlimited access to 2,000 free video and audio workouts at [Class Pass](#), which offers everything from yoga to strength training to HIIT.
- You could sign up for free 30- or 60-day digital trials at [the Daily Burn](#), [Gym Mondo](#), [Peloton](#) or [Fitbit](#),
- If you're a member of a gym already, find out if they have livestream classes.
- And you can find a variety of [exercise classes on YouTube](#).

**[Share this FREE ebook about How to Eat, Move, and Calm Down During the Coronavirus Pandemic](#) with your friends, loved ones, neighbors, work colleagues, and social media contacts. [Download it here.](#)**

## LET MUSIC LIFT YOUR SPIRITS

During this lockdown, if the stress, anxiety, or social isolation are feeling overwhelming, I urge you to take dance breaks whenever and wherever you can.

Music has phenomenal power. For instance:

- Music improves your immune system and reduces the stress hormone cortisol;
- Music has a calming effect on your brain;
- Music can help you relax, especially before and after a stressful event;
- Music can distract you from your cravings;
- And much more.

It's time to have fun while we're all in this together.

Now, thanks to YouTube, here are 10 tunes to help you blow off steam during this taxing time:

1. ["Roar," Katy Perry](#)
2. ["Stronger \(What Doesn't Kill You\)," Kelly Clarkson](#)
3. ["Eye of the Tiger" \(Rocky Tribute\), Survivor](#)
4. ["Nothing's Going to Stop Us Now," Starship](#)
5. ["Hero," Mariah Carey](#)
6. ["Shake it Off," Taylor Swift](#)
7. ["Alive," Sia](#)
8. ["Not Afraid," Eminem](#)
9. ["Hallelujah," Pentatonix](#)
10. ["Better Off Alone," Alice DJ](#)



(I couldn't resist listing this song, which has the most appropriate title although it was written long before the Coronavirus!)



## CLAIM CALM WITH TAPPING

Even if you're following a wholesome, sugar-free, gluten-free diet and working out regularly, you also need to calm down consistently. If you don't already know about it, you want to learn about EFT or tapping.

**Tapping—which is also known as Emotional Freedom Technique or EFT—is one of the fastest, most powerful, effective ways to calm down, boost your immune system, and lessen your food cravings.**

Research reveals that tapping can produce powerful results. For instance, it can:

- Raise your immunoglobulin-A levels by a whopping 113 percent (that means you'll boost your immune system);
- Lessen junk-food cravings by 74 percent;
- Lower anxiety by 40 percent;
- Reduce cortisol (the fight-or-flight hormone) by some 37 percent;
- Reduce depression by 35 percent; and
- Boost happiness by 31 percent.

**Remember, before you start tapping, make sure to wash your hands!**

**Science shows that you need to wash your hands *very carefully* for 20 seconds to kill germs.**

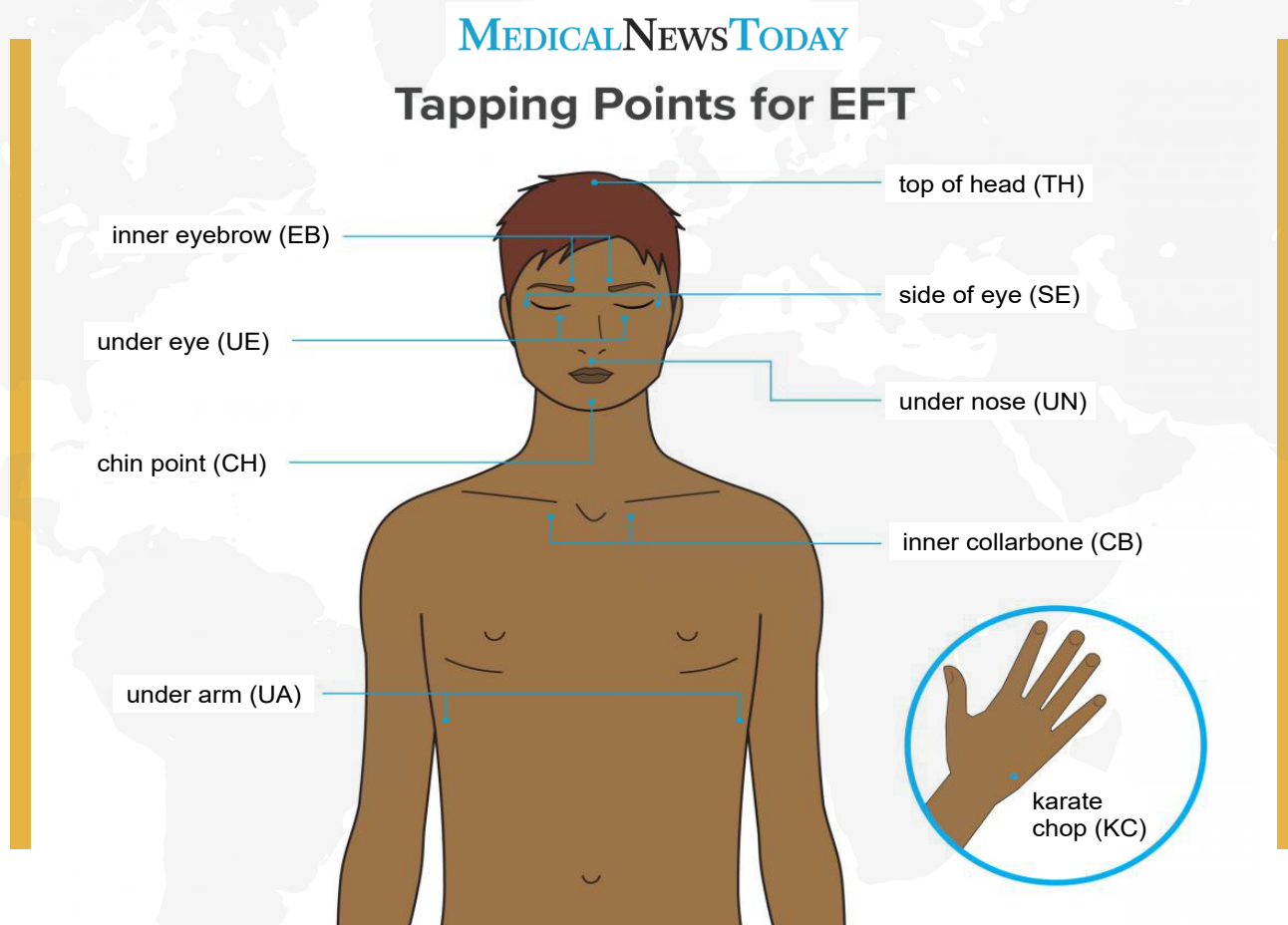


[Share this FREE ebook about How to Eat, Move, and Calm Down During the Coronavirus Pandemic](#) with your friends, loved ones, neighbors, work colleagues, and social media contacts. [Download it here.](#)

# THE TAPPING POINTS

Because millions of us are now feeling abnormally high levels of stress, some of the very best tapping experts on the planet are helping us release our Coronavirus anxiety.

But first, you need to learn the tapping points. Here is a useful graphic from [Medical News Today](#).



For those of you new to EFT, I invite you to discover the video, [What is Tapping?](#), with the always-helpful Nick and Jessica Ortner of [The Tapping Solution](#).

## How to Eat, Move, and Calm Down During the Coronavirus Pandemic

Now, here are some ways to shed your stress about the Coronavirus:

- You can watch Nick's Facebook Live on YouTube on [How Tapping Can Help Reduce Stress & Anxiety About Coronavirus](#).
- You also can tap along with Jessica to help [Release Coronavirus Anxiety](#).
- If going shopping for food is stressing you out, you can join Dr. Mary Ayers, who shares a valuable [Tapping For Grocery Store & Quarantine Triggered Feelings Of Scarcity](#).
- If you feel especially anxious and need immediate relief, Mary also offers a helpful [911 Emergency Tapping Session for "I'm being majorly triggered right now."](#)
- In addition, you can join Dr. Dawson Church for a [Tap away Anxiety Virtual Workshop](#).



Share this [FREE ebook about How to Eat, Move, and Calm Down During the Coronavirus Pandemic](#) with your friends, loved ones, neighbors, work colleagues, and social media contacts. [Download it here.](#)



## THANKS TO OUR REAL SUPERHEROES

Now, let's all thank our dedicated, selfless, incredible first responders and other superheroes, who are serving communities around the world.



Please join me in expressing gratitude to the Real Superheroes, as cartoonist Gary Varvel calls them. Of course, I'm talking about the many doctors, nurses, and medical staff, who are on the front lines treating hundreds of thousands of patients worldwide.

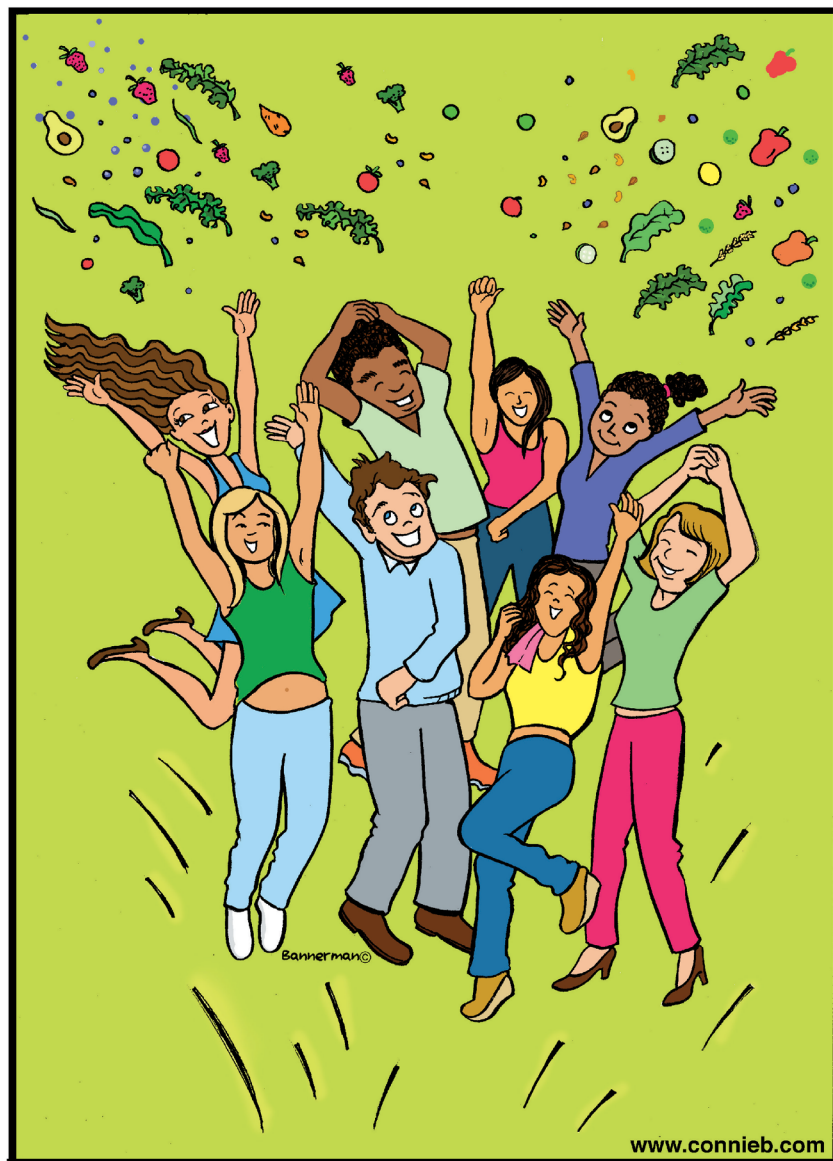
I'm also referring to those Real Superheroes, who are transporting the foods we need, selling us our groceries, delivering our packages, and much more.

[Share this FREE ebook about How to Eat, Move, and Calm Down During the Coronavirus Pandemic](#) with your friends, loved ones, neighbors, work colleagues, and social media contacts. [Download it here.](#)

## How to Eat, Move, and Calm Down During the Coronavirus Pandemic

If you can swing it, I invite you to donate to one of the following:

- [CDC Foundation](#) (If you give to this fundraiser, Facebook will double your donation up to \$ 10 million.)
- [United Way](#)
- [American Red Cross](#)
- [The Salvation Army](#) and/or
- [Global First Responder](#)



Share this [FREE ebook about How to Eat, Move, and Calm Down During the Coronavirus Pandemic](#) with your friends, loved ones, neighbors, work colleagues, and social media contacts. [Download it here.](#)

## ABOUT THE AUTHOR



This free ebook, *How to Eat, Move and Calm Down During the Coronavirus Pandemic*, was researched, written, and shared by former sugar-addicted journalist Connie Bennett, author of the bestselling books, [Sugar Shock](#) and [Beyond Sugar Shock](#).

During this stay-at-home lockdown, Connie—a certified health coach, life coach, and host of the Gab with the Gurus Show—is doing lots of tapping (EFT) to keep calm, finally tackling important

projects, and working out on her Pilates Wunda Chair.

In addition, while in quarantine, Connie finally finished writing and editing her next book, *I blew my diet! Now what? Stop Blaming Yourself, Crush Your Cravings & Slim Down for Good. INSIDE: Your 21-Day Bounce-Back Plan* (April 6, 2021).



If you find it challenging to pass up on processed, fattening, fiber-stripped sweets or carbage and (carb garbage), [download Connie's book, \*Beyond Sugar Shock\*, at no cost](#). It is free to you for a limited time during the Coronavirus pandemic.

*Special thanks to the many motivating experts, who are helping us during this challenging time. More gratitude goes to Medical News Today for its EFT graphic and to talented cartoonists Isabella Bannerman and Gary Varbel.*

Last Revised Sept. 22, 2020.

Share this now



[Share this FREE ebook about How to Eat, Move, and Calm Down During the Coronavirus Pandemic](#) with your friends, loved ones, neighbors, work colleagues, and social media contacts. [Download it here.](#)