



UAS WELLNESS TEAM

May 13, 2020

Let's Get Physical!

Stay physically active during self-quarantine: This guidance is intended for people in self-quarantine without any symptoms or diagnosis of acute respiratory illness. It should not replace medical guidance in case of any health condition.

As new COVID-19 cases continue to emerge, many healthy individuals are being requested to stay at home in self-quarantine. Staying at home for prolonged periods of time can pose a significant challenge for remaining physically active. Sedentary behaviour and low levels of physical activity can have negative effects on the health, well-being and quality of life of individuals. Self-quarantine can also cause additional stress and challenge the mental health of people. Physical activity and relaxation techniques can be valuable tools to help you remain calm and continue to protect your health during this time.

World Health Organization (WHO) recommends 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity physical activity per week, or a combination of both. These recommendations can still be achieved even at home, with no special equipment and limited space. The following are some tips on how to stay active and reduce sedentary behaviour while at home in self-quarantine:



Take short active breaks during the day. Short bouts of physical activity add up to the weekly recommendations. You may use the suggested exercises below as inspiration to be active every day. Dancing, playing with children, and performing domestic chores such as cleaning and gardening are other means to stay active at home.



Follow an online exercise class. Take advantage of the wealth of online exercise classes. Many of these are free and can be found on YouTube. If you have no experience performing these exercises, be cautious and aware of your own limitations.



Walk. Even in small spaces, walking around or walking on the spot, can help you remain active. If you have a call, stand or walk around your home while you speak, instead of sitting down. If you decide to go outside to walk or exercise, be sure to maintain at least a 1-meter distance from other people.



Stand up. Reduce your sedentary time by standing up whenever possible. Ideally, aim to interrupt sitting and reclining time every 30 minutes. Consider setting up a standing desk by using a high table or stacking a pile of books or other materials, to continue working while standing. During sedentary leisure time prioritize cognitively stimulating activities, such as reading, board games, and puzzles.



Relax. Meditation and deep breaths can help you remain calm. A few examples of relaxation techniques are available below for inspiration.



Nutrition. For optimal health, it is also important to remember to eat healthily and stay hydrated. WHO recommends drinking water instead of sugar-sweetened beverages. Limit or avoid alcoholic beverages for adults and strictly avoid these in young people, and pregnant and breastfeeding women, or for other health reasons. Ensure plenty of fruits and vegetables, and limit the intake of salt, sugar and fat. Prefer whole grains rather than refined foods.

You can find examples of home-based exercises for parents and children in our [Health & Wellness website](#)

Source: World Health Organization Europe



From our Nurse Elisa:

The Sun is Shining: Going out with Kids while Physical Distancing.

Let's take advantage of the sun shining and the nice temperature to enjoy outdoors with kids! A backyard, a terrace, a garden, a balcony or any other space where kids can be exposed to the sun is highly recommended to get Vitamin D from the sunlight.

Vitamin D and Calcium are closely connected. How?

When the sun's Ultraviolet (UV) rays fall directly on the body, they react with a chemical in the skin to make vitamin D. After some reactions in the liver and kidneys, the vitamin D helps to absorb and manage calcium levels in the body and improve bone health and muscle function.

Nowadays, if you need or would like to go out of your home environment with kids to have some fresh air and sunlight, it is imperative to follow a list of sanitary precautions:

- Choose the best outdoor space and the best time to avoid crowded places. Preferably, close to your home.
- Avoid playgrounds or other resources with metal devices.
- Only go out with the people you live with.
- Keep the physical distancing rule if you meet someone else.
- All of you should wear an age appropriate facemask.
- Bring a hand sanitizer and use it as much as necessary. Most important is to avoid touching surfaces.
- Do not go shopping or to the supermarket with kids.
- Once you are back home, follow the return home protocol: change and sanitize shoes, sing "[wash, wash, wash, your hands, till they are clean and bright](#)", wash clothes with 60° C water and have a shower.

Enjoy a delicious recipe from this communication suggested by our nutritionist while you share photos, feelings and the experience of going outdoors with your kids during this unprecedented time for all of us. Smile and be positive with kids: our counselors have also shared how to reinforce these emotions.

Yes, I agree, it sounds like a lot of new rules for the little ones, but they will feel and look incredible. Recharge to focus on the academics, have efficient resting/sleeping hours and be happier.

Sources: UNICEF, HARVARD MEDICAL SCHOOL AND SPORTS MEDICINE.



From our Elementary Counselor Marisa

Distance learning has presented some challenges as well as some opportunities to know what our kids have been learning and what kind of learners they are. We have encountered all kinds of comfort levels in terms of technology, independence, structure, between teachers, parents, and students and different personality styles to deal with difficulties we face day by day. I would like to share with you some guidance to make the best of this experience.

- Find a consistent place that will work for your kid. Find a physical place where he or she can have their materials, is free of distractions and you can still monitor the online learning.
- Be available to monitor what they are doing online, checking, understanding and guiding them through the work. Younger kids will need more help but bigger ones with certain guidance, most of them should be able to do the work independently.
- Set clear rules and expectations. It is important to establish a routine of work that is consistent. With time for waking up, breaks and lunch and at what time you can provide them with individual work. The structure is like a map for students and helps them lower their anxiety and helps them organize.
- Establish a beginning and end of day check-in. At the beginning of the day review the schedule and help them set priorities. You can ask them: What you have to do for today? Do you have all the materials? What can I do to help you? Sometimes making a visual schedule or breaking the tasks into smaller tasks will help. At the end of the day you can check with them and go over the work they have done.
- Remember to support your child, but do not provide the answer or complete the work for them. This is a good opportunity for students to be responsible for their work and learning as well as practice executive skills that are so important for later in life. They need the practice to become independent and this is a good chance to start doing it.

For more guidelines on how parents can support their children during distance learning, please see Supporting Learning at Home: Guidelines for UAS Parents, in [English](#) & [Spanish](#).

I hope you find this information useful. As always if you have questions or concerns you can contact me by email Mcao@uas.edu.uy



**Uruguayan
American
School**



Saldún de Rodríguez 2375, Carrasco. C.P. 11500
Montevideo, Uruguay | (598) 2600 7681
www.uas.edu.uy