

# Stay healthy at home

How to stay in shape off campus

By MACKENZIE DERICO



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It is fairly easy to stay fit and healthy on campus, being just steps away from a meal at the Zone or a CrossFit session at the KSAC. Now that we are home, however, it is much harder to stay in a healthy routine.

Freshman soccer player Claire Nieshalla, freshman track team member Kenley Blake and Instructor of Kinesiology Corrie Voss gave insight on how they are staying healthy at home.

“With quarantine, each day has started to feel like the one before, making it difficult to stay motivated,” Nieshalla said. “Being intentional with eating healthy and working out can be an attainable solution to providing structure and purpose in your day.”

Nieshalla has been staying active by going on runs, bike rides and hikes. She has been making her favorite healthy snacks, such as Greek yogurt mixed with peanut butter. She believes that all students try to get in some exercise every day — establishing a routine is the first step to a healthy lifestyle.

Blake has been enjoying her favorite healthy meal — stir fry. She sautés vegetables, stirs in beef or chicken and adds sauce for flavor. She stated that it is always fun to find a new healthy recipe, but her advice is to allow yourself cheat meals — it is ok to enjoy some dessert every once and awhile!

Blake has been finding fun and easy ways to stay active, but her favorite has been YouTube workouts.

“Whether it’s following a barre workout, doing yoga or dancing to a Zumba class, it has made working out something I look forward to,” Blake said.

Voss has been combining her walks and jogs with social time and learning by listening to podcasts or by phoning a friend. She has also been enjoying healthy foods such as omelets and smoothies.

She also just tried a fruit dip that she loves. To make it, simply combine vanilla yogurt, cinnamon and peanut butter in a bowl. This dip is perfect for apples, grapes and other fruit.

Voss reiterated the importance of working out and eating healthy, along with how these play into our daily lives.

“When we take steps toward shalom (peace and wholeness) in health, we work to maximize the energy God’s given us to fulfill the call He’s placed on our lives,” Voss said. “Small daily habits of healthy food consumption and exercise can benefit both our physical bodies and can reorient our lives toward the bigger picture the WHO we are serving in this life.”

So, grab an apple, go for a walk and phone a friend. With a simple routine, you can be just as healthy at home as you are at Taylor.

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