

# HOME OFFICES ABUZZ WITH ACTIVITY

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Bonnette is still in his office "a lot" for his daily briefing, but not for the full-day period he'd normally be in.

When he's not out in the community dropping off food for food banks or being involved in a personal protection equipment (PPE) drive for health-care workers, the mayor would be taking conference calls and spending time answering questions on email, Twitter and Instagram from home.

"Some nights I am up at midnight answering inquiries," he said.

His tip for those who work from home is to "not to get distracted" by the nice weather. He also suggested not turning the television on.

For entrepreneur Keyuri Anand, owner of the Eat The Frog Fitness in Burlington, she says it's important for community members to keep supporting each other - even in a virtual setting.

Like other fitness and yoga studios that are taking their classes online via Zoom and other software, Eat The Frog has rolled out "on-the-go" workout programs to help people continue with their fitness journey.

Anand says they reach out to members who might be struggling and need some extra motivation.

"When people work out in a community, they also strike a friendship and a bond," said the Oakville resident. "We do everything in our power to keep people accountable (of their fitness goals) and... get up and going."

Leading the workout is personal fitness trainer Terrill Ware, who now conducts Eat The Frog's online classes three times a day live from his living room.

Initially, Ware says, there was a struggle to juggle family life and work,



Scott Fox gets ready for his radio show from his makeshift home-based station. Fox family photo

"Some nights I am up at midnight answering inquiries."

- Mayor Rick Bonnette

with the biggest adjustment coming from balancing marketing his business, coaching online and spending time with his young daughter.

"I had to discipline myself to say, 'You have to still wake up early, get things done,'" he said. "Then, it's just actually scheduling my day."

On the importance of working out, he says it keeps people mentally and physically fit. Exercises also help release endorphins and fight stress.

"It really enhances your mood as well," he said.

In Milton, if there's one thing that keeps Fox motivated is knowing the key roles that local media - radio stations, community newspapers, and more - have to play in a time of crisis, encouraging people to seek reliable news sources to get the best factual information.

And the more people follow the COVID-19 directives of public health officials on physical distancing, "the faster it will be over."

Fox says opportunities like this don't come up very often.

"I think people should make the best out of it. It won't be long until we are all going back into the office and dreading our regular routine again," he said. "Just enjoy it while we can."

**STORY BEHIND THE STORY:** From a radio DJ and mayor to an entrepreneur and fitness instructor, people from different walks of life and backgrounds have been adjusting to the new reality of staying home and working remotely due to the COVID-19 pandemic. These are their experiences, along with some shared tips.

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