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THURSDAY

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#HEALTHYATHOME

'YOUR PHYSICAL AND MENTAL HEALTH ARE ONE'

HOW HALTON RESIDENTS ARE STAYING #HEALTHYATHOME DURING THE PANDEMIC

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With so many staying home for almost two months now due to COVID-19 restrictions, local residents are getting creative to keep both their bodies and minds healthy.

From virtual meditation to on-line exercise classes, there's no shortage of ways to focus on health and wellness throughout Halton.

Local fitness coach Kathryn Smith says she's had a great response so far to the salad-making classes she's hosting on Instagram.

"I'm the salad queen," she said. "It's been fun showing people different ways to make a salad into a

meal or try different dressings. You can make them taste delicious, and there are so many different ways to build it. I've been having fun with that for sure."

The busy Burlington mother of two, who operates Mama Fitness and teaches the majority of her classes in Oakville, has also been doing live workouts on Instagram and teaching her clients through Zoom sessions.

"Keeping people inspired is my goal," she said. "Taking care of your body helps keep your immunity up so you don't get sick, and you also need the endorphins to stay happy."

Rommel Oliveros, owner of Milton Muay Thai Boxing Gym and Athletic Facility, shared similar sentiments and stressed the benefits of exercise on your overall well-being.

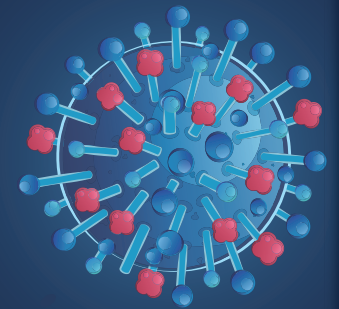
"I believe your physical and mental health are one," he said. "This is a time when people need to be mentally stimulated and

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Meditation instructor Chantal Garneau, who's offering free online meditation sessions during the pandemic, finds her peace in Hungry Hollow.

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