



STUDENT RECREATION AND FITNESS CENTER

USEFUL RESOURCES FOR THE LEWIS UNIVERSITY COMMUNITY

Lewis Recreation: Digital Scavenger Hunt Challenge

Enjoy challenges just for fun, or compete for the top spot on the Lewis Leaderboard.

[Download the GooseChase App, iOS](#) or **[Android](#)**. **Game Code: KK8JQE Password: I LOVE LEWIS**

*Grand Prize: Apple Air Pods (Donated by Student Activities)

Access to virtual rec centers and valuable wellness information 24/7 using the following links:

How to deal with stress and anxiety

Cabin fever <https://www.verywellmind.com/cabin-fever-fear-of-isolation-2671734>

Managing COVID 19 Stress and Anxiety CDC

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Mindfulness <https://www.mindful.org/how-mindfulness-can-help-you-navigate-the-coronavirus-panic/>

How to exercise at home

Don't give up on the fitness grind - Enjoy these resources

Down Dog Yoga App – FREE until July 1 for individuals with an edu email address

<https://www.downdogapp.com/>

<https://www.onepeloton.com/app> FREE for 90 days

<https://watch.lesmillsondemand.com/free-content> FREE for now

Staying Fit and Healthy during COVID 19 from ASCM

<https://www.acsm.org/read-research/newsroom/news-releases/news-detail/2020/03/16/staying-physically-active-during-covid-19-pandemic>

How to pass the time intentionally

Now is a great opportunity to learn a new skill, read that book or finally catch up on The Office before it leaves Netflix forever!

15 new craft ideas you need to try

<https://thecrazycraftlady.com/new-craft-ideas-to-try/>

The Joy of Painting with Bob Ross

https://www.youtube.com/channel/UCxcnsr1R5Ge_fbTu5ajt8DQ

Listen to an audiobook

<https://www.audible.com/>

Take some time to adult by actually reading your insurance policy or check into your auto maintenance

How to have some fun

Being stuck inside does not equate to not having any fun...

10 Movies About Social Distancing to Watch While Social Distancing

<https://time.com/5802674/social-distancing-movies/>

Visit a Museum Virtually

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Finally do that puzzle

100 Things to do while stuck inside due to a Pandemic

<https://www.usatoday.com/story/life/health-wellness/2020/03/16/coronavirus-quarantine-100-things-do-while-trapped-inside/5054632002/>

How to keep wellness a priority

It can be easy to fall into a rut when you are home so much. Try these resources.

Download Motivation – an app that provides motivational phone wall papers

<https://apps.apple.com/us/app/motivation-daily-quotes/id876080126>

Keep a Journal – apps and prompts available online

Try Meditation

Drink enough water

Stick to a schedule and yes, remember to get enough sleep

- If you sign up for a free trial of a fitness service, please set a reminder of when to cancel to avoid a charge