



**AFPA**

HEALTH, NUTRITION & FITNESS

COVID-19

# Coach & Trainer Toolkit

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**Introduction:**

# AFPA Is Here to Support You Through COVID-19

We are living in uncertain times. With the quick rise of the coronavirus (COVID-19), our sense of “normal” life has changed completely.

Some of us are sick, while others are worried about getting sick and potentially passing on the illness. This is why the CDC has so strongly recommended that we stay at home. Social distancing is the best way to lower your chance of contracting the virus and infecting others.

At AFPA, we are fully aware of what social distancing means for you as a coach and for your clients. You may be worried about losing business, or you might be dealing with that already. Lately, we’ve been hearing from graduates that the current situation presents an opportunity to educate, empower, and guide others on their journey to living a healthy lifestyle.

Know that it is possible for your business to thrive in these strange times. More than ever, your clients and potential clients need your skills.

You might be worried about your clients’ wellbeing as they cope with stress and confinement, and you want to provide them with the tools to avoid falling into a sedentary lifestyle, poor eating habits, and mental unrest.



# How to Use This Guide

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**This guide is divided into four, easy-to-navigate sections.**

The first section is the Q&A section, which contains all of the most up-to-date information about COVID-19. Not only is this for your own knowledge, but we know that many of your clients see you as their primary health reference. The first section will help you to be equipped to answer all of your clients' questions about the coronavirus.

The second section is dedicated to considerations regarding different aspects of your business and business service offerings. Here, you will find information on how to keep your business running and thriving amidst this crisis.

The third section is a resource toolbox for your business. It contains resources and information you can provide to your clients regarding lifestyle, health and hygiene considerations, and nutrition and supplement tools, all tailored to the COVID-19 information available.

Since mental health and wellbeing are more important than ever as we are encouraged to isolate ourselves, in the third section we have provided several tools to help you and your clients cope with stress and abrupt lifestyle changes.

One of the biggest public health worries after the direct impact of COVID-19 is the effect our current situation will have on the mental health of an entire population. We are beginning to see a [wave of stress](#), depression, and anxiety arising in the entire population from fear of contracting the virus and from the isolation and separation from loved ones. Health coaches and nutritionists have an important role in being an outlet and a guide in helping their clients navigate these situations, and ultimately, feel better.

For these reasons, in the fourth section, we have provided various mental health and wellbeing resources that you can offer to your clients and utilize yourself.





## Section 1: COVID-19 Q&A

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### What exactly is the novel coronavirus?

The novel (new) coronavirus is one virus in a large family of viruses that affects the respiratory tract in people. [Previously-identified coronavirus strains](#) cause illnesses like the common cold in humans.

The novel coronavirus is a previously unseen virus in humans (thus the word “novel” at the beginning). It is a respiratory illness that spreads from person to person. It was first identified in Wuhan, China, in December 2019.

While researchers are not entirely sure as to how it emerged in the human population, it is known that it was a virus that originally circulated among animals, including [bats](#) and endangered [pangolins](#). Some viruses have the ability to [jump the species barrier](#), called a spillover event, and infect humans.

## What do COVID-19 and SARS mean?



COVID-19 is the illness caused by the novel coronavirus. It is also sometimes referred to as coronavirus disease.



SARS, of which there was an outbreak in 2003, stands for Severe Acute Respiratory Syndrome.



COVID-19 and SARS are illnesses caused by viruses that are related to each other, but they are [not the same thing](#).



[Confusion can arise](#) because COVID-19 is also called the Severe Acute Respiratory Syndrome Coronavirus-2 (SARS-CoV-2).

However, when medical professionals use the term SARS alone, they are referring to the disease that emerged in 2003.



COVID-19 is more infectious than SARS, while SARS is more deadly than COVID-19.





## What are the symptoms of novel coronavirus?

For most people, symptoms are mild, and others have no symptoms at all. Having mild or no symptoms does not make it any less easily passed on, which is why it is so important to practice social distancing. A person who has no symptoms and shakes hands with someone who is particularly vulnerable, like an older adult or someone with a chronic disease, could potentially infect that person who then could develop a life-threatening illness.

Note that while COVID-19 does have some flu-like symptoms, it is not the flu. Here is a quick reference table that compares the [most common symptoms of COVID-19](#) with other common respiratory ailments.

	COVID-19	INFLUENZA	COMMON COLD	SEASONAL ALLERGIES
SNEEZING	No	Sometimes	Yes	Yes
COUGH	Yes (dry)	Yes	No	No
HEADACHE	No	Yes	Sometimes	Sometimes
FEVER	Yes	Yes (or feverish chills)	No	No
RUNNY NOSE	Sometimes	Sometimes	Sometimes	Yes
SHORTNESS OF BREATH	Yes	No	No	No
STUFFY NOSE	Sometimes	Sometimes	Yes	Sometimes
SORE THROAT	Sometimes	Sometimes	Yes	Sometimes
FATIGUE	Yes	Yes	Sometimes	Sometimes
ITCHY EYES, NOSE, MOUTH, OR SKIN	No	No	No	Yes

## How does the novel coronavirus spread?

The novel coronavirus spreads by way of small respiratory droplets that come from an infected person.

The [two ways](#) in which the virus can spread are either person-to-person contact or from contact with a contaminated surface or object.

For person-to-person spread, people are within approximately six feet of each other (that is about how far droplets can travel). When a person coughs, sneezes, talks, or breathes with his or her mouth open, droplets can land in the mouths, noses, or eyes of people who are nearby and then inhaled into the lungs. Research indicates that this might be the [main way](#) the virus spreads.

For spread from contact with contaminated surfaces or objects, a person touches a surface where respiratory droplets carrying the virus have landed. Then, they touch their nose, mouth, or eyes, and the virus enters the respiratory tract.

There is still limited information about how long the virus survives on different surfaces, as it can vary significantly depending on the environmental conditions. It likely survives anywhere from a [few hours to several days](#).

Besides the viability of the novel coronavirus in respiratory droplets, it is not yet known whether it has viable, infectious virus presence in [other bodily fluids](#) like blood, urine, stool, breastmilk, and semen.

## Who is at a higher risk of getting COVID-19?

The coronavirus can easily spread from person to person, no matter your age, sex, or condition. If you were in contact with a person who had the coronavirus and you didn't take the necessary precautions, you have the potential of contracting the virus.

Most people will be [asymptomatic or have mild symptoms](#). There are some groups, however, for which the novel coronavirus could be deadly.

Those [most at risk are](#):

- Adults 65 and older
- People who live in a nursing home or a long-term care facility
- People who have serious underlying medical conditions, like diabetes and heart disease
- People with asthma
- People with HIV

Even then, there have been numerous cases of people who have none of the above descriptors and developed serious, and even fatal, symptoms.

## Why do we need to socially distance ourselves?

You can be a virus carrier without having symptoms. Current evidence shows that most people, in fact, are either asymptomatic or have mild symptoms. Additionally, the virus has an incubation period of up to 14 days, meaning that you can be a carrier without yet [exhibiting any symptoms](#).

The main issue the [WHO](#) and the [CDC](#) have been warning against is that the virus isn't any less virulent if you are asymptomatic, so you can easily pass the virus on to someone else who could get very ill from it.

Research shows that avoiding symptomatic people will not help slow the infection rate enough to manage the virus effectively. The [CDC has concluded](#) that the only way to slow the spread of the coronavirus is to fully implement social distancing.

Social distancing means that you stay at home as much as possible, going out only for critical needs.

### **Is there a cure for COVID-19?**

There is no cure for COVID-19 as of yet, and there is no vaccine against the coronavirus. Luckily, the scientific community has made some important strides toward the [development of a vaccine](#). Even so, because laboratory and clinical trials are only beginning, it can take years before an effective vaccine is developed.

### **Are there any special supplements I should take?**

As of yet, there is no research that has focused on the effectiveness of supplemental or nutraceutical interventions to prevent the contraction and spread of the coronavirus.

Instead, any supplementation you choose to take or recommend should focus on optimizing immune functioning and disease prevention.



## Section 2: Business Considerations During an Epidemic

Your role as a health, wellness, and fitness coach in this pandemic isn't moot. You have valuable knowledge and offer life-changing services that keep people healthy and making good choices. As a health, wellness, and fitness coach, you have the ability to offer this knowledge to adapt to any given situation, even unprecedented ones like a global pandemic.

If your business is up and running, we're going to tell you something you already know, but we're here to validate you: **Coaching and training businesses have not gone unaffected by the big economic shifts that have occurred as a result of increased social distancing.** Some of you might have lost clients or been put on hold as people hunker down in their homes.

We're here to tell you we see you and we're here to help.

In this section, you'll find a toolbox of ideas and tips that will allow you to have a bigger impact on peoples' health while maintaining, or even increasing, your revenue.

## Move to online coaching and training

Your services have the potential to continue to make a positive impact on people's lives, even from a distance. Just like we have used the internet to stay informed about the quickly-changing reality we live in and to provide us with some invaluable entertainment, the internet can also provide people with the tools they need to continue working toward reaching their health and fitness goals.

Most of your clients will happily continue to work with you if you are able to bring your services to them wherever they are.

That's *exactly* what you can do by bringing your business online.

Not only can bringing your business online maintain your current clients, but you can also significantly grow your client base by taking advantage of several of the online tools, content platforms, and marketing strategies out there.

Here are four steps to bringing your business online:



### 1. Set up your business (legally).

You might already have all of the legal paperwork in place if you've been seeing clients in person. If not, make sure you choose a business name, determine the [right business structure](#) for your business, and take care of [IRS details](#) that you will need to function.



## **2. Set up a website.**

If you've been using Instagram and Facebook for communication with clients, know that a website is vital to bringing your coaching business online. Your website acts as a product and service storefront and will allow you to build sales leads. Does building a website seem daunting? No worries. Website building tools like Squarespace and Wix make it easy to build websites that look professional, and professionals are there to help you if you need it.



## **3. Build and implement an online marketing strategy.**

Marketing allows you to communicate your main message of value to your current and future clients. Effective marketing attracts and engages clients. There is no set strategy for effective online marketing. You will need to decide which media platforms you want to use, and that will depend on the sort of clients you want to attract.

Be aware of the strengths of each platform. Instagram is very visual, which is useful for routines and meal plan examples, while Facebook allows for more written content. Once you have chosen the right platform for you, make sure to stay active by posting often and allowing your clients to see who you are. You might want to look into balancing organic and paid traffic through advertising as well.



#### 4. Scale your growth.

Why settle for just a few clients that will help keep you afloat? You can grow your business significantly if you take advantage of online tools effectively. Choose platforms that help you manage clients, like [Healthie](#) or [Practice Better](#). Streamline and automate business activities when possible so you can focus on your clients rather than on business administration.

There are also plenty of apps for [personal trainers](#) and [health coaches](#) that can help you communicate and manage clients.

**To get more detailed information on how to bring your coaching and training business online, you can download AFPA's [free guide here](#).**

### Rearrange your content schedule

You might have had content created and scheduled several months ago. It's time to reexamine your content to see if it is relevant to the changes we are living out in our day-to-day lives. More importantly, ensure that your content is not offensive or inappropriate.

For example, an Instagram post about tips to hide your flu and cold symptoms so you can get on with your day-to-day would not be in-line with the CDC's long-standing guidance about staying home and away from others when you are sick, even if it is just a cold and not COVID-19. Not only is it not great advice, but it might also hit an especially sensitive nerve given the times we are living.



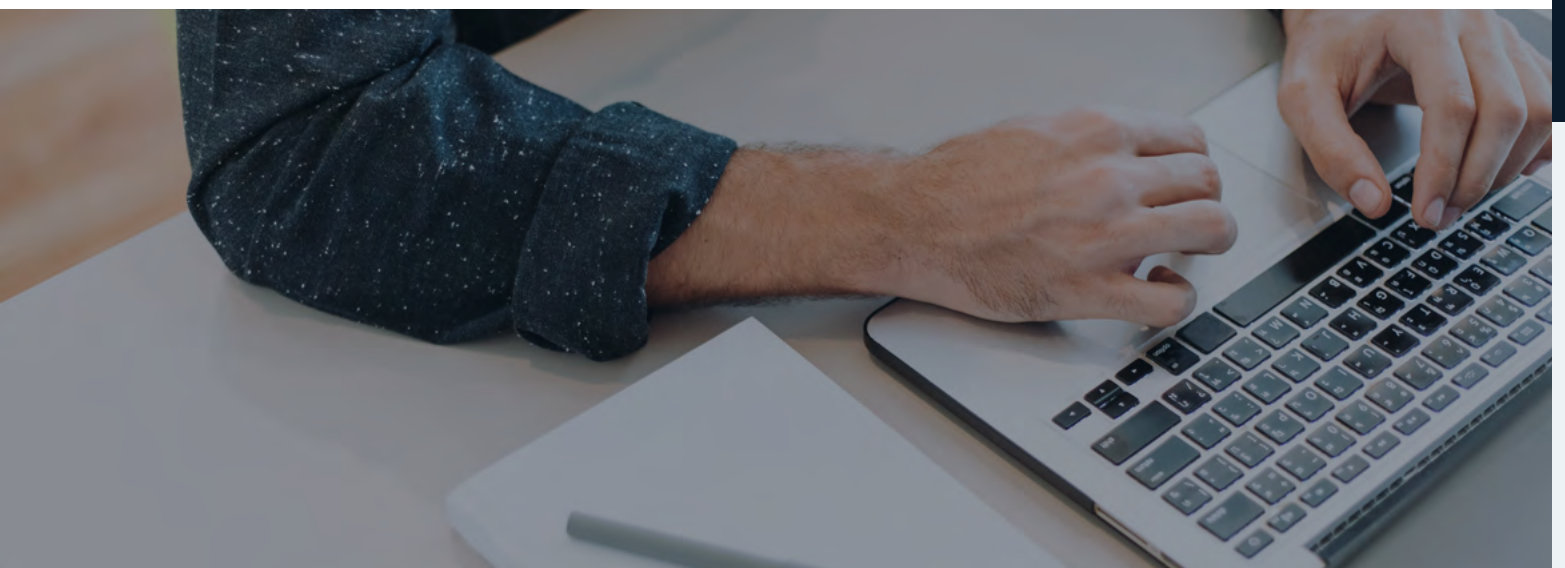
Your content doesn't need to be related to COVID-19. You can continue to create valuable content about your area of expertise, keeping in mind some people are saturated with coronavirus content at the moment and crave a break from it all. Just reexamine your content with fresh eyes to ensure it is still relevant given the major changes that have occurred over the past months.

## Focus on reputable sources

As health professionals, it is important to depend on reputable sources for your information. The CDC and WHO have made some important strides in the past several months to teach the public about identifying official information from opportunistic and misleading information.

Whether coronavirus-related or not, make sure that you always use reputable sources as a base for the content you create and the recommendations and guidance you give. Find scientific papers and look for information on authority websites (.gov are of most authority, often followed by .org endings).

Feeling daunted by reading primary research? Here is some helpful information on [how to read a scientific paper](#) and another on [how to read a scientific journal](#) to get you started.



## Be aware of your scope of practice restrictions

Health coaches and personal trainers have an important role in supporting and educating the public and their clients about the COVID-19 pandemic as well as offering services that will help them stay healthy and cope with the rapidly-developing situation.

It is important to stick to ethical practices and be aware of the sort of [advice you can and can't give](#) as a health coach and personal trainer.

Your [role is complementary](#) to that of physicians and registered dietitians—it does not replace it. Know when it is time to refer your client to another health professional.



## Section 3:

# Coaching Toolbox

This section provides practical information related to proper health considerations you can weave into your coaching practice. Feel free to use this information ad libitum when necessary.

### Isolation and hygiene considerations

There is no preventive or curative vaccine for the coronavirus disease. For this reason, the best way to prevent yourself and others from becoming ill is to avoid being exposed to the virus in the first place. Remember that the virus spreads through respiratory droplets produced by a person when they cough, sneeze, or talk. These droplets can fall on another person's face directly, or they may settle on a surface that is touched soon thereafter.

Below are key practices that will help minimize your exposure to the virus and keep you from spreading it to others.

### Wash your hands

Effective handwashing is one of the most powerful tools to prevent being infected

and carrying the disease to others. Soap and alcohol are the most efficient substances for regular use that inactivate the virus.

Most people are accustomed to washing their hands quickly and, as a result, the soap usually doesn't touch all of the skin's surface.

Here are the key CDC recommendations about [handwashing](#):

- Wash your hands with **soap and water** frequently, after touching any surfaces or products, before eating, and before making person-to-person contact.
- Wash all surfaces of your hands for 20 seconds, the same as singing twice the Happy Birthday song from beginning to end.
- When you can't use soap and water, use a hand sanitizer that has at least 60 percent alcohol.
- Avoid touching your face with your hands.

Here is a practical video that shows you [how to properly wash your hands](#) and another on how to [avoid cross-contamination](#) if your hands come into contact with bacteria and viruses.



## Practice social distancing

The most effective way to avoid the spread of the coronavirus, including being infected yourself and infecting others, is by practicing social distancing. Social distancing means keeping space between yourself and other people outside of those you live with.

This is how you can practice social distancing:

- Stay at least 6 feet away from other people outside your home.
- Do not gather in groups.
- Stay out of crowded places.
- Avoid mass gatherings.

How does this advice translate into your day-to-day activities?

First, stay at home as much as possible, including working and distance learning, if the option is available to you.

Second, use mail-order for medications, groceries, and other goods when possible.

Third, if you do have to go out, stay at least 6 feet away from others and cover your mouth and nose with a [cloth face cover](#). Note that there has been a lot of information circulating on social media about the effectiveness of cloth face masks. They are not as effective as [N95 masks](#), but these are reserved for medical staff, and [cloth face masks still help](#).

Fourth, avoid public transportation and ride-sharing.

Finally, avoid crowded places and gatherings completely.

## Stay home if you're sick

It's unfortunate we've needed the COVID-19 pandemic to finally listen to this recommendation. One of the main ways that colds and flus spread is because people who are sick continue on with their daily activities.

Now, more than ever, it is important to [stay home and isolate yourself if you are sick](#), especially if you suspect you might have COVID-19.

## Cover your coughs and sneezes (the right way)

No matter if you are in your house or out, you should always cover your mouth and nose if you have the urge to cough or sneeze.

DO NOT sneeze or cough into your hand. Use a disposable handkerchief or cough or sneeze into your elbow to avoid contamination.

## Disinfect and clean frequently

Clean surfaces with soap and water or disinfectant frequently, especially those that are touched most often.

[High-touch surfaces](#) include tables, doorknobs, light switches, countertops, handles, phones, desks, keyboards, toilets, faucets, and sinks.



## Use a cloth face cover when out

The most recent CDC guidelines recommend people use a cloth face mask when they are out to minimize the spread of respiratory droplets. Surgical-grade masks are in short supply and are reserved for medical staff.

Note that with the scarcity of protective supplies in hospitals, surgical masks are reserved exclusively for medical staff. You can make a cloth face cover at home with [minimal supplies](#).

## Lifestyle Considerations

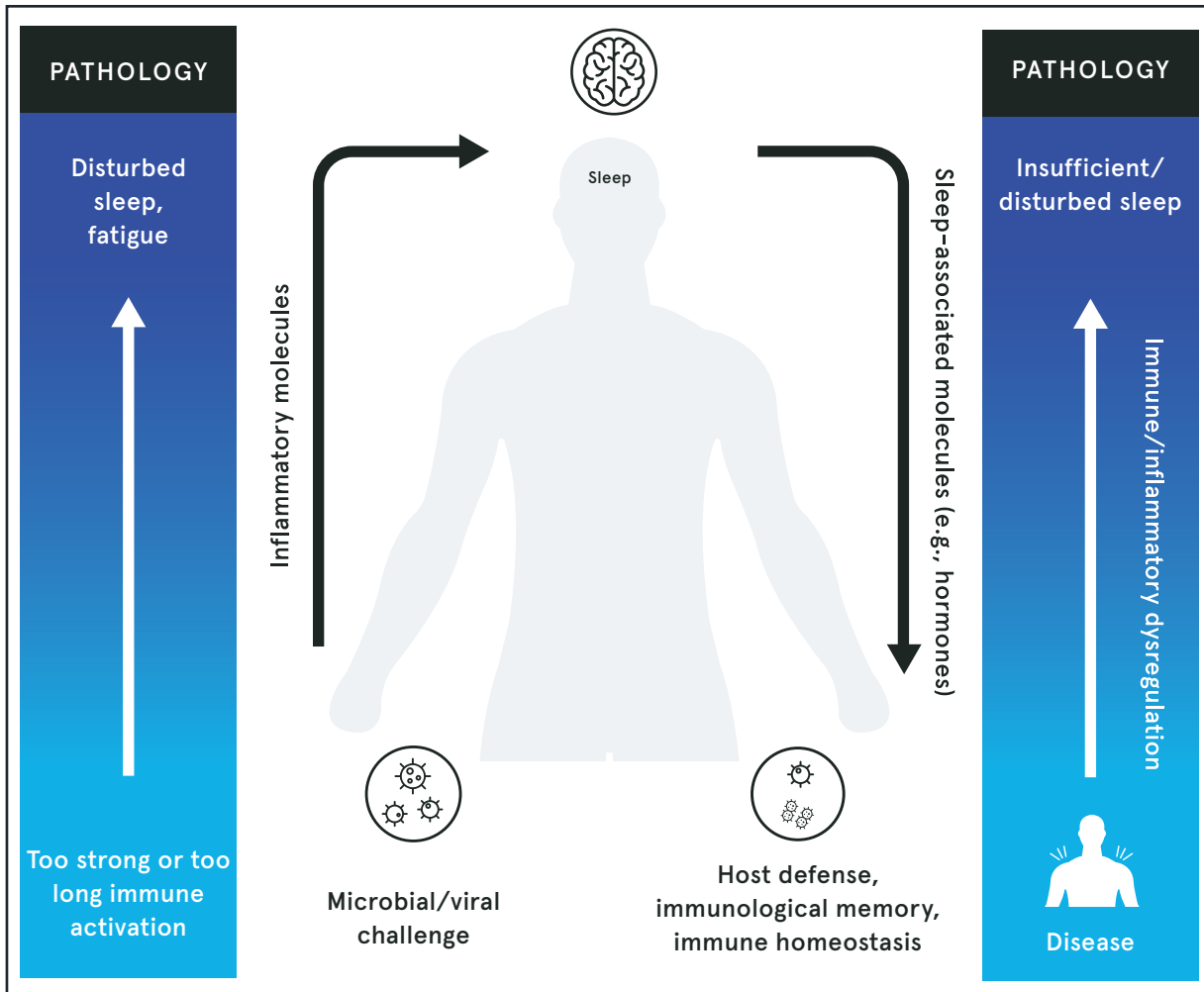
Good lifestyle choices are essential for keeping your immune system healthy. [Diet](#), [stress](#), exercise, and [sleep](#) all have an effect on the body's inflammatory response. Inflammation is a key sign that the body's immune system is overactive or out of balance due to lifestyle factors like the ones previously mentioned.

As a personal trainer or wellness professional, you can have an important role in encouraging your clients to adopt a lifestyle that strengthens the immune system, especially amidst the current COVID-19 pandemic.

## Sleep

Adults should be getting at least 7 to 8 hours of sleep a night. This is about more than just ensuring you are rested and alert for the day to come. Getting enough sleep has an important impact on many [aspects of your health](#), such as heart health, cancer prevention, stress reduction, memory improvements, and inflammatory reduction.

Sleep researchers know that sleep and immunity are [bi-directionally linked](#), meaning that not getting enough sleep alters healthy immune response, and immune system activation alters sleep.



In short, a strong immune system is dependent on getting at least 7 to 8 hours of sleep a night.



## Exercise

If you are a certified wellness professional or personal trainer, you know that exercise plays an essential role in health and wellbeing.

Regular exercise that permits individuals to keep up their fitness levels normalizes immune response and can even [improve the body's response](#) to potential bacterial and viral invaders.

Even if you are practicing social distancing or are staying at home, it is essential to remain active throughout the week to keep your immune system in shape.

The physical activity goal is at least [150 minutes a week](#) (equal to 30 minutes a day, 5 days a week) of moderate exercise or 75 minutes of high-intensity exercise a week (equal to 15 minutes a day for 5 days a week), or a combination of both.

## Meditation

Mindful meditation is a practice that can easily be carried out at home and has multiple benefits for your mental and physical health. Regarding immune health, a [systematic review of randomized control trials](#) found that mindful meditation supports the immune system by modulating specific markers of inflammation, cell-mediated immunity, and biological aging.

## Yoga

Yoga requires little to no equipment, is a low-impact exercise, and it can be practiced within confined spaces.

The positive effects on immune health are widespread. It is theorized that the regular practice of yoga [stimulates pressure receptors](#) leading to enhanced vagal activity and reduced cortisol (the stress hormone), and this mechanism manifests itself as decreased heart rate and blood pressure, weight loss, increased muscle strength, and enhanced immune function.

## Hydration

With water making up 60–70 percent of the body, hydration is essential to cellular function. Consuming enough water ensures that your cells remain in [homeostasis](#) and electrolyte balance is maintained, including in immune system cells.

More specifically, [good hydration status](#) helps to normalize healthy immune cell population and function after exercise, compared to a dehydrated status, which may result in an exaggerated immune response after exercise.



We've all heard of the "8 glasses a day" guidelines for water, but what about if you exercise?

Here is a [general guideline](#) for calculating how much additional water you should drink.



### Tip #1

Drink adequate fluids throughout the day and consume approximately 2 cups of water during the 2 hours prior to exercise.



### Tip #2

Every 15 minutes during activity, consume 1/2–3/4 cups of water.



### Tip #3

Fluids should be kept at a cool temperature (between 59°F and 72°F).



### Tip #4

Use a container such as a sports bottle that allows one to drink while exercising.



### Tip #5

Consume approximately 2 cups of water for every pound lost during exercise (acute shifts in body weight during exercise indicate fluid loss).

## Stress Reduction

It is absolutely normal to feel anxious in the times we are living—the constant news updates, the feeling of anxiety that arises from the risk of infection, and the lifestyle and employment changes that you and your clients may be experiencing all contribute to stress.

However, keep in mind that elevated stress levels negatively impact our immune response. More specifically, stress can lead to [glucocorticoid resistance](#), elevating levels of stress mediating hormones and causing HPA-axis disruption, thus causing chronic low-grade inflammation, resulting in impaired immunocompetency.

For this reason, we want to do what we can to reduce stress in our own lifestyle and in that of our clients.

Some [natural ways to reduce stress and anxiety](#) include:

- Practicing relaxation techniques such as slow breathing
- Exercising regularly
- Writing
- Spending time with your pets and animals
- Practicing time management strategies, including establishing a routine to manage your day while practicing social distancing and working from home
- Seeking psychological counseling if needed.



## Nutrition & Supplemental Considerations

A balanced diet rich in plant foods and limited in processed and refined foods is essential to maintaining a healthy immune system. Your diet provides your immune cells, tissues, and organs with the energy and nutrients they need to function properly.

The best way to ensure optimal immune status is through the foods you eat, rather than depending on supplements. In fact, there is no published research on how nutraceutical supplements are directly beneficial to defending your body against COVID-19.

Two well-studied, essential factors to ensuring an effective immune response, however, include:

- **Reducing refined sugar intake**, like that which comes from sweets; white bread, pasta, and rice; sauces; and processed foods. A high intake of refined sugar increases the [body's inflammatory response](#), which, over time, can lead to a range of [chronic diseases](#).
- **Eating foods, especially plant foods, of a variety of colors.** “Eating the rainbow” or eating [a wide range of colors of fruits and vegetables](#) translates into an intake of a wide variety of nutrients, including vitamins, minerals, antioxidants, and phytochemicals that our immune system cells need to [ensure healthy function](#).



In addition to consuming a healthy diet, you or your clients may choose to take supplements. Below is a list of supplements with some research that supports their use to increase immune function. Feel free to read up on these if they are of interest.

- **Turmeric:** Turmeric has an active component called [curcuma](#). Curcuma is thought to be responsible for the [inflammation-fighting effects](#) of the spice. Inflammation is one of the most important markers of ineffective immune response.
- **Elderberry:** Elderberry is a fruit that has been used in several cultures as a food and a medicinal plant. [Elderberries](#) have antibacterial, antifungal, and antiviral properties, and elderberry syrup or supplements are often taken to avoid colds and flus or shorten the time to achieve full health.
- **Ginger:** Ginger root is a widely used spice with [antibacterial properties](#), antifungal properties, and anti-inflammatory properties to help keep your cells healthy and free to [fight potential pathogens](#).
- **Vitamin C:** Vitamin C is perhaps the vitamin best-known for boosting immune function because of its powerful free radical-scavenging potential. [Some studies](#) show that vitamin C supplementation can help to shorten the length of colds when taken regularly. There are [ongoing clinical trials](#) that are assessing the effectiveness of vitamin C.
- **Probiotics:** Probiotics support the immune system by helping to increase the healthy population of bacteria in the gut that kill or displace potentially pathogenic bacteria. While probiotics naturally come from some of the foods we eat, the population of healthy bacteria in the gut can be reduced due to different circumstances like illness and stress. Probiotics help to establish and strengthen a [healthy bacterial population](#).

- **Zinc:** Zinc is an essential nutrient with a role in [hundreds of biochemical processes](#) in the body. While [deficiencies](#) are shown to cause [immune system weaknesses](#), research does not support the effectiveness in supporting the immune system in high doses. Note that hydroxychloroquine, vitamin C, vitamin D, and zinc are being assessed as [potential preventive interventions](#) for the virus. Hydroxychloroquine is a zinc ionosfer, which pulls zinc into cells and thus inhibits the reproduction of the virus.
- **B vitamins:** B vitamins have an essential role in macronutrient metabolism. [Vitamin B6 deficiencies](#) are associated with [impairments](#) in immune T cell populations.
- **Green tea and EGCG:** The best-known active component of green tea is EGCG, and its role in supporting the immune system is promising. [Research shows](#) that green tea has a dramatic effect on T cell functions, including T cell activation, proliferation, differentiation, and production of cytokines.
- **Echinacea:** [Initial evidence](#) shows that echinacea (E. purpea, specifically,) helps to reduce the severity and duration of colds.
- **Mushroom extracts reishi, maitake, shiitake, turkey tail, cordyceps:** While each mushroom variety has unique effects on the body, in general, mushrooms are involved in [regulating overactive inflammatory mediators](#). Some evidence has even shown that mushrooms like the ones mentioned above could be effective treatments for [tuberculosis](#) and other lung-related diseases ([1](#), [2](#), [3](#)).
- **Ferulic acid:** Ferulic acid helps to [suppress immune response](#) in allergic reactions that affect the lungs. Initial evidence shows that it may also boost immune response to RNA viruses like [influenza and coronaviruses](#).
- **Lipoic acid:** This antioxidant is naturally-occurring in the body, but like ferulic acid, supplementation may help strengthen natural immune responses to [coronaviruses and influenza](#).

- **Spirulina:** Spirulina is a cyanobacteria that may also help the body respond more effectively to RNA viruses like the coronaviruses. When mice were given a cold-water spirulina extract rich in phycocyanin, it [decreased mortality](#) in influenza-infected mice.
- **Selenium:** Selenium-deficiency might result in a weakened response to viruses like those that cause the flu, as it creates an environment that [allows viruses to mutate](#) much quicker in the body, making it more difficult for the immune system to respond. Selenium supplementation may help to fill gaps in nutrition that allow this to occur.
- **Glucosamine:** [Glucosamine](#) is a substrate that helps to activate mitochondrial antiviral-signaling proteins, thus strengthening immune response to viruses. Innovative research shows high-dose glucosamine supplementation might aid prevention and control of RNA virus infections.
- **N-acetylcysteine:** This nutraceutical has been demonstrated to [reduce the mortality](#) of mice infected with influenza, and it is possible it might have a similar effect in humans.







## Section 4:

# Mental Health and Wellbeing Toolbox

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One of the biggest concerns after the public health impact of COVID-19 on the population is how the anxiety, isolation, and loss will impact the mental health of individuals and communities.

Thus, in addition to offering the support, tools, and advice that help your clients maintain their physical wellbeing, it is important to offer support for their mental wellness as well.

In this section, we want to offer resources that will help you build your skills and offerings to help your clients reduce their anxiety levels (they may be helpful to you as well!).

### Reminders for You, the Coach

Professionals like yourself have the double-burden of being affected by the stress and anxiety brought on by the coronavirus like everyone else and feeling the responsibility of caring about the health of others.

Here are a few reminders to help you cope with the stress our current reality has brought on.

- Set boundaries with your media consumption (and encourage clients to do the same).
- Set boundaries with when and how your clients can communicate with you.
- Make a business contingency plan in case you get sick. How will you communicate with your clients and what services can you continue to offer?

### GRATITUDE PROMPT

Practice basic gratitude. There are certainly things to be grateful for during these times. Someone I'm grateful for is \_\_\_\_\_ because \_\_\_\_\_. My favorite spot in my home is \_\_\_\_\_ because \_\_\_\_\_. I am grateful for my body because \_\_\_\_\_. I am grateful for my health because \_\_\_\_\_.

Finally, give yourself (and your clients) permission to feel stressed. It's a stressful time, and it's understandable. Know yourself and your boundaries, and make sure to practice self-care regularly. Self-care practices are how you take care of your body and your mind. [Some ideas include:](#)

- Taking deep breaths, stretching or meditating
- Eating healthy, regular meals
- Exercising regularly
- Getting enough sleep
- Avoid turning to alcohol or drugs to de-stress
- Take time to unwind and relax
- Connect with others

## Free Wellbeing Courses

Want to spend some time boosting your skills and knowledge to help your clients respond to this uncertain time? The University of Arizona's Center for Integrative Medicine is offering a series of self-paced free courses and video lectures to anyone who is interested.

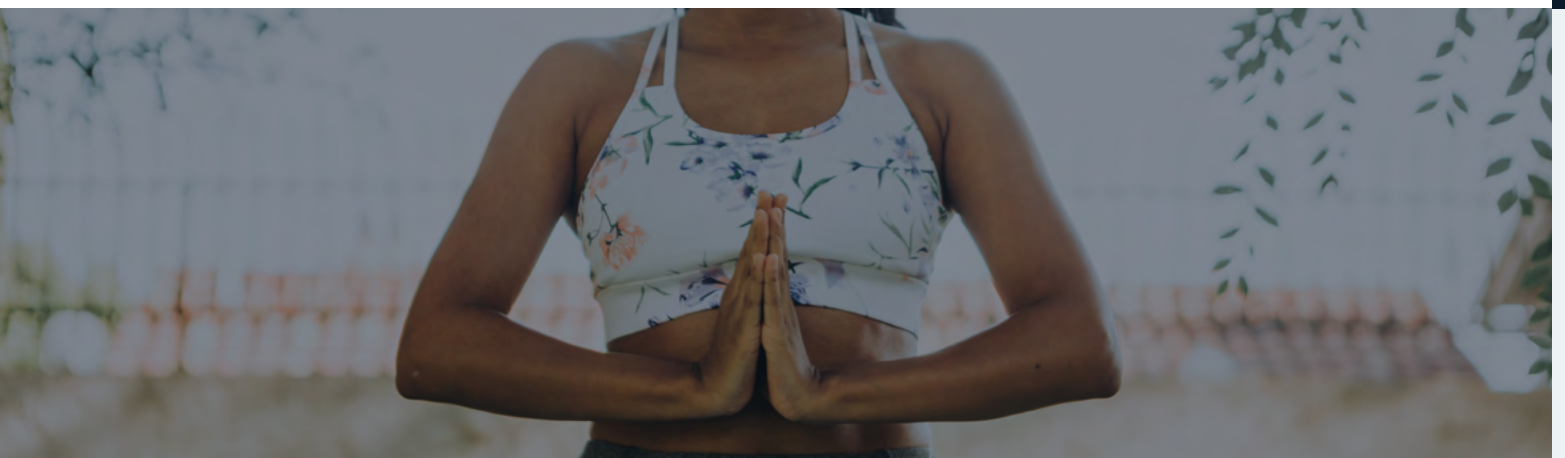
## Resources for Decreasing Stress

- [Breathing techniques](#)
- [Ten Percent Happier Coronavirus Sanity Guide & Free App Access for Healthcare Workers](#)
- [Weathering the Storm Resources from Headspace](#)

## Hotlines and Crisis Lines

Keep these resources on hand for yourself or to refer if you feel like the situation has escalated to a point where it is best you or your client talk to a mental health professional.

- [Crisis Text Line](#)
- [The Trevor Project LGBTQ Youth Crisis Lifeline](#)
- [Trans Lifeline](#)
- [National Suicide Prevention Lifeline](#)



## Block Stressful Websites

Do you find yourself navigating websites that are causing more stress than calm? You can block stressful websites on your phone and computer to help you focus, continue to be productive, and control your anxiety. Check out [freedom.to](https://freedom.to) for more information.

## Staying Connected with Friends and Family

Social distancing and quarantine can make people feel isolated and lonely. There are a series of websites and tools you can use and refer to keep people connected and engaged by carrying out real-time digital activities together.

Below are a series of resources you can use with friends and family to stay connected and continue to create memories while keeping your social distance.

- [TableTopia](#)
- [Pogo](#)
- [MindGames](#)
- [Netflix Party](#)
- [Quarantine Karaoke](#)
- [Ways for Kids and Families to Move and Learn Together](#)



## Exercise and Fitness

You may have your own offerings of exercise and fitness in-line to offer your clients, but in case you don't, here are a series of free resources for people of all ages to continue exercising and staying active at home. You may even want to use them yourself for inspiration!

- [Ways for Kids and Families to Move and Learn Together](#)
- [YMCA 360](#)
- [Down Dog Yoga](#)
- [30 National Parks That Offer Virtual Tours](#)
- [The World's Largest Live Nature Cam Network \(Animals, Space, Nature\)](#)
- [Peloton app](#)





# **COVID-19**

## **Coach & Trainer Toolkit**

American Fitness Professionals & Associates

800.494.7782 | [www.afpafitness.com](http://www.afpafitness.com)