

WW Marketing mini-package for Healthcare (April 2020)

While your employees are out there on the front lines saving lives, it's essential for them to remember that their health and wellness is important too. WW is here to support you during these stressful times.

Below you'll find resources you can leverage in your communications where and when you see fit (e.g., corporate newsletter, intranet, email, etc.) to help uplift and encourage your employees when they might need it the most. And of course, THANK YOU for all that you are doing at a time like this!



Stay Well: [How to stay mentally healthy during stressful times](#)

The lack of control and predictability is enough to keep you up at night. For those facing anxiety while living and watching recent news, here are expert strategies to help you cope and mind your mental health.



Eat Well: [34 quick and easy meals for one](#)

You shouldn't have to worry about cooking after a long and exhausting work shift, or even on your day off. Here are a handful of single-serve recipes that are easy and hassle free for any meal.



Stay Fit: [Benefits of taking 10,000 steps a day](#)

It's likely that you are already taking more than 10,000 steps a day when you're at work, but do you know how much those steps are counting for your own health? Here's a helpful guide to all the benefits that could kick-in as a result of your everyday activity.



Stay Positive: [21 ways to stay positive when it feels like the world is upside down](#)

It's difficult to find pockets of positivity when it feels like bad news is everywhere you look. Here are 21 tips to help you and your loved ones find a little light as you tackle some of the toughest times.



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When cooking just isn't in the cards for you.

Here is some advice from Jackie London, Registered Dietician and WW's Head of Nutrition & Wellness, for tips on ordering take out or delivery.

- **Double up on veggies--everywhere.**
Burrito today? Extra sautéed veg. Chinese? You'll have a side of the garlic green beans. Pizza? You'll have a slice of the veggie and start with a salad, please.
- **Prioritize flavor vs. filler:**
Chips and guac? The star is the guac. Going for sushi? You're there for the fish. Going for Chinese? Skip the fried rice and you'll get the umami flavor from sauces you love. Italian food? Opt for great cheese over mozzarella sticks. Just be wary of where "fillers" live and know that it's OK to go for it if that's what you're really in the mood for, but be mindful of the things you'd personally consider filler so that you can max-out on *actual flavor*. Reframing your order this way will help you make any meal, snack, app or happy hour nosh *that much lighter*.
- **Practice builds confidence.** Eating mindfully includes indulgences (but it also means you *don't* beat yourself up for doing so) and enjoying every bite – you've earned it!

