

Be Well Bulletin

APRIL 2020

Tyson's Ecommute is here for you!

COVID-19 has changed life as we know it, closing businesses, canceling gatherings, and keeping people at home. As we as a community navigate our new realities, [Tyson's Ecommute](#) is here to help you through this time by providing tips and tricks for making the most of your time at home during the current pandemic.

Our goal is to help you stay connected to the world from the comfort of your home.



– THINGS TO DO AT HOME –



Replace Your Commute

During the COVID-19 pandemic, many of us are finding ourselves working from home fulltime while self-isolating and social-distancing. We have stumbled upon a new reality of life without a commute. With our commutes out of the equation, we can repurpose the time we would spend commuting to instead do some of the things we enjoy.

[Tyson's Ecommute](#) has some tips for you. [Read more here.](#)

Keep Your Mind Active

Keep on learning by taking free courses from universities like Princeton and Harvard from the comfort of your home. Learning platforms like [Coursera](#) and [edX](#) are helping people stay engaged and educated by offering free materials and digital classes. There are hundreds of courses to choose from in a variety of different subjects.

You can learn more about available [courses here.](#)



Learn to Cook

With many of us spending more time in our homes and kitchens in the coming weeks, many chefs and restaurants have begun to offer free cooking classes temporarily. [Tyson's Ecommute](#) has a few complimentary cooking classes for you to try:

[The Milk Street Online Cooking School](#)

Now – April 30, The Milk Street Cooking School is offering free access to several of its [cooking classes](#). You will learn new ways to approach food and cooking, guaranteed to last after quarantine.

[The Kitchn](#)

The Kitchn is offering a library of [20 free cooking lessons](#) to keep your inner chef entertained.

[Delish](#)

Have kids? If so, Delish has [cooking classes](#) dedicated to keep your little ones entertained for a bit. Delish is going live on Instagram every weekday at 1 p.m. to share cook-along videos for you and you kids. If you can't join in real-time, Delish is saving all live videos on their [Instagram page](#). And if you don't have kids, Delish has recipes for all ages to enjoy on their [website](#).

Home Workouts

Miss your gym sessions? Although many gyms have temporarily closed their doors, free virtual classes are being offered by many gyms across the country.

Ready to workout? [Tyson's Ecommute](#) has rounded up a few of the best workouts for you to take advantage of during your time at home.

[Barry's Bootcamp](#)

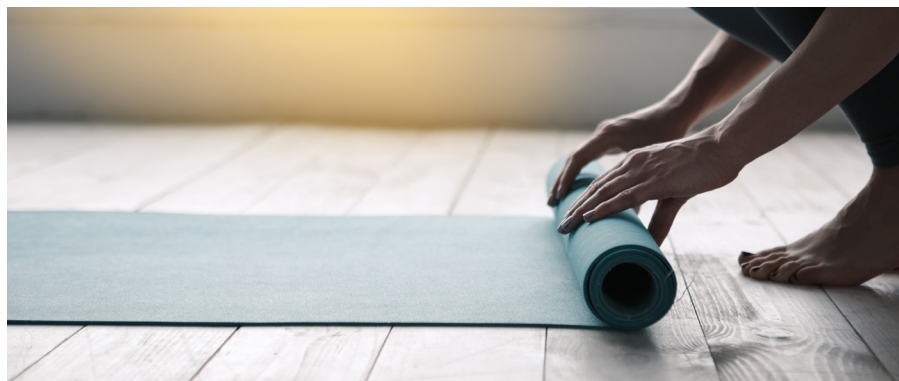
The studio is offering live no-equipment workouts on [Instagram](#) for free. Check out their Instagram for future dates and times.

[Planet Fitness](#)

Do you only have 20-minutes to spare for a workout? Planet Fitness is offering live 20-minute workout sessions [on Facebook](#), requiring no equipment. If you're looking for more, visit the [Planet Fitness YouTube channel](#) for a gallery of awesome in-home workouts.

[Soul Cycle](#)

SoulCycle has launched an "off-the-bike" workout series, with a new weekly schedule going up on Instagram, Mondays at noon. Their schedule includes everything from workouts to self-care sessions. Find dates and times that work for you on their [Instagram page](#).



Go For a Ride

Looking to get outside and out into the spring weather, while practicing social distancing? The [Fairfax County Bike Map](#) can help you find the best and most enjoyable route. Plan to enjoy your ride solo in noncrowded areas and try timing your rides for when you know your route will be less crowded. Overall, be sure to follow [CDC guidelines](#) before heading outside.

For more information from [Tyson's Ecommute](#) please visit [TysonsEcommute.com](#). We wish you and yours all the best during this time!

