I imagine that we have all been affected in one way or another by this pandemic. I have been hearing from many patients and friends that they have been overeating or have lost unwanted weight. I have noticed that some of us have been baking and eating more than normal with less exercise than typical. During these unprecedented times, it is important for us to take good care of ourselves and continue to make healthy decisions.

- If you have noticed unhealthy eating styles, please increase your insight into your diet and make healthy choices.
- Focus on making healthy food and beverage choices from all five food groups including fruits, vegetables, grains, protein foods, and dairy to get the nutrients you need based on your personal needs/restrictions.
- Eat the right number of calories for you based on your age, sex, height, weight, and physical activity level. Please seek advisement of your primary physician as needed.
- I have attached an article regarding overeating that you might find helpful.
- I encourage you to get moving! Try any type of exercising: walking, biking, there are tons of YouTube classes for all levels. I suggest spicing it up and try something new like a dance class!

~All my best, Dr. Melissa Huy