

# Helen to the Rescue

## Losing the “Quarantine 19”

The lockdown has left us all clinging to our sweatpants wondering if our new home office and the kid’s homeschooling room are too close to the refrigerator? Does the thought of stepping on the bathroom scale make you break into a cold sweat?

You’re not alone!

I’m not your average personal trainer, poured into spandex, shrieking at the sight of saddlebags and banishing clients to ice cubes and celery. I understand what it’s like to have a size 16 appetite. I also know that the way to better health is a combination of proper nutrition and exercise.

Lockdown has left most of us spending many hours a day in the kitchen.

This makes the kitchen your first stop on the road to a healthier lifestyle for you and your family! Start by spring cleaning your pantry, refrigerator, and freezer! Get rid of those comfort foods hidden in the back! This vigorous cleaning will burn an average of 170 calories per hour. Take a 1-minute squat break during your cleaning and add another 35 calories.

If you are like me, you’ve spent enough time nurturing your inner chef! Summer is around the corner and for me, that means easy healthy meals. Here are some of my thoughts:

- Cook double the amount and freeze for another day
- Have an ongoing grocery list to always have the ingredients you need.
- Have fresh fruit on hand
- Always have precooked protein available to add to a salad or stir fry (cooked chicken, shrimp, beans, etc.)
- Don’t make veggies an afterthought – fresh, frozen, or precut

Whether you’re ready to dine in a restaurant or prefer takeout, I have included some healthy choices for you to enjoy!

Try walking to your favorite restaurant. Distance is clocked from the Huntington Bay Yacht Club.

### Honu – New York Ave. – 2.1 miles each way

Grilled Octopus – small plate

Roasted Beet salad – dressing on the side

Anything from The Grill Menu, pair with either carrots, asparagus, or Brussels sprouts

### Piccolo Restaurant – Wall Street – 1.6 miles each way

Eggplant meatball – appetizer

Scampi piccolo – I order with extra veggies and no rice

Spaghetti squash parmigiana

*My lockdown has yielded many yummy healthy recipes that I’ve posted on my website – [Uniquehealthandfit.com/recipes](http://Uniquehealthandfit.com/recipes)*

Oh, if only a balanced diet was a cookie in each hand

Yours in Fitness,  
Helen



*Helen Pufahl MS, NASM-CPT  
Helen’s love of fitness began at an early age. She practiced dance, gymnastics, as well as, track and field. She’s an Exercise Physiologist with over 35 years of experience. She is also a certified personal trainer, corrective exercise specialist, nutrition consultant, and Senior fitness specialist. Owner: Unique Health & Fitness*

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