LIVING TRUE SPORT While Physical Distancing

Go For It
Challenge yourself to learn a new skill, something you’ve always wanted to try like yoga, a handstand or a new dance move.

Play Fair
Be an active member of the team, with both your colleagues and your family. Schedule time for work and play. Set boundaries personally and professionally.

Respect Others
Respect everyone who shares your space; acknowledge that this is an adjustment for them too.

Keep It Fun
Take mental breaks and share some laughs. Disconnect, turn off the news and turn up the beats! Do things that bring you joy.

Stay Healthy
Eat well, go outside, exercise, get plenty of rest, follow physical distancing guidelines and wash your hands!

Include Everyone
Reach out and check in on friends and family. Reconnect with old friends and rely on your support network. We’re in this together!

Give Back
Figure out how you can help. Donate to food banks, donate facemasks or blood, and respect the rules. Do your part to flatten the curve.