

LIVING TRUE SPORT



TRUE
SPORT | SPORT
PUR

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.



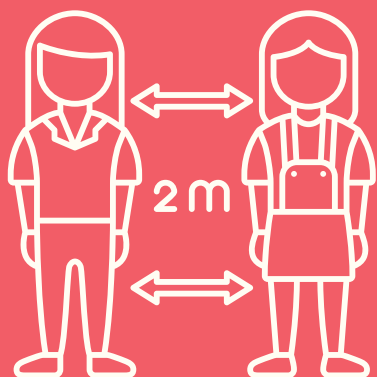
Respect Others

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.