



Endless Opportunities

COVID-19 SURVIVAL GUIDE

HOW TO NOT GO CRAZY DURING SELF-ISOLATION



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Disclaimer

This guide was created by Youth2Industry VCAL students in completion of their VCAL Foundation Personal Development Skills Unit 2. All content provided in this guide is for informational purposes only.

HISTORY OF COVID-19

COVID-19 (or coronavirus) is a virus that emerged in December, 2019 in China. It was not known to the world until the first case outside of China in Thailand. In less than a month, 7818 cases were confirmed around the world. On January 9, the first death from COVID-19 was reported. On January 29, Melbourne scientists recreated the coronavirus to find a treatment.

Social interaction was found to cause the spread to escalate. At the start of March, quarantine measures were put in place and new rules were applied to maintain the safety of others and to slow the spread. These new rules included social distancing (keeping 1.5 meters away from each other), limiting the amount of visitors in homes per day, and non-essential stores closing. From March 18, data collection began to continue further investigation to find a cure.





SYMPTOMS

Symptoms of COVID-19

- Fever
- Sore throat
- Headache
- Short breath
- Dry cough

Testing for COVID-19

If you are showing any of the symptoms above, you should get tested for COVID-19. They will take a sample swab from the back of your throat and nose. The results will be sent for testing and sent back to your doctor. Your doctor will let you know if you have COVID-19. You should self-isolate while you wait for the results.

Who is at risk of getting COVID-19?

Older people are more at risk because their immune systems are more vulnerable. People that smoke and people with health problems also have a higher risk of getting COVID-19.

List of things to do to reduce the spread

- Wash your hands frequently, especially after touching doors and using the bathroom
- Keep your distance from others
- Stay at home if you feel unwell
- Cover your mouth when you cough or sneeze

WHY YOU SHOULD NOT PANIC BUY

People are buying lots of cleaning supplies, food and toilet paper. This raises many questions. Why do people hoard toilet paper? Are they afraid that the supply of toilet paper will run out? Perhaps. But people don't need to buy more supplies than what they usually do. They are not going to use all of it and if too many people stockpile supplies, there will be none left for other people who need it. There are plenty of supplies and Victorian farms have no shortage in production.

Why People Panic Buy

According to Psychology Today people panic buy to 'alleviate fear and anxiety to mimic others and to react to future scarcity'.

Facts about Australian produce

- Australia is known worldwide for having some of the best produce
- Australian potatoes, carrots, cauliflower and broccoli are available year round
- Australian onion growers produced just over 300,00 tonnes of onions in the 2012-13 season
- There are 1800 citrus growers in every mainland state in Australia
- Australia's cherry growers produce about 12,000 tonnes of cherries a year
- Avocado production in Australia is around 50,000 tonnes a year
- Australian growers produce 290,000 tonnes of apple annually

Source: austrade.gov.au "Fruits and Vegetables"

Facts about Australian products:

- There are 86 suppliers of dry pasta in Australia
- Quilton and Sorbent Toilet Paper factories are operated in Australia



HOW TO WASH YOUR HANDS PROPERLY

WHAT YOU WILL NEED

- Soap
- Paper towel
- Water

STEPS

1. Wet your hands and apply enough soap – a coin size
2. Rub your palms together to make the soap foam
3. Rub the back of each hand
4. Rub both your hands while interlocking your fingers
5. Rub the back of your fingers
6. Rub the tips of your fingers
7. Rub your thumbs and the ends of your wrists
8. Rinse both hands properly with water

SOME TIPS

- Hand sanitisers are good tools to keep your hands clean but they should not replace soap and water
- Sanitiser should be used only after hand washing
- Excess use of sanitiser can cause dry and chapped hands due to their high alcohol content
- The total time to wash to yours hands properly is 30 seconds

HOW TO CLEAN WITH BAKING SODA AND VINEGAR

BATHROOM CLEANER

WHAT YOU WILL NEED

- 1 $\frac{2}{3}$ cups baking soda
- $\frac{1}{2}$ cup dish soap
- $\frac{1}{2}$ cup water
- 3 tbsp white vinegar
- Sponge or scrub brush
- Squirt bottle

STEPS

1. Combine baking soda with dish soap in a bowl
2. Stir in water
3. Add vinegar and mix it to combine
4. Keep mixing to remove lumps
5. Put in squirt bottle
6. Use the spray on hard bathroom surfaces, scrub then rinse with water

DRAIN CLEANER

WHAT YOU WILL NEED

- $\frac{1}{2}$ cup baking soda
- 1 cup white vinegar

STEPS

1. Pour baking soda into the drain
2. Pour vinegar into the drain
3. Wait for it to fizz and then stop
4. Run hot water down the drain to flush everything

CARPET CLEANER

WHAT YOU WILL NEED

- White vinegar
- Baking soda

STEPS

1. Add vinegar and baking soda to make a paste
2. Put paste on stained area
3. Let it dry overnight
4. Vacuum what's leftover



COVID-19 AND MENTAL HEALTH

COVID-19 has impacted the mental health of many Australians. A study from Monash University showed that COVID-19 has directly increased levels of anxiety and depression.

Beyond Blue has reported a 30% increase in calls since the social restrictions started. Beyond Blue Chief Executive, Georgie Harman, said that there are some people who are experiencing the struggles of mental health for the first time as a result of the pandemic.

It is normal to feel stressed and worried about COVID-19. Researchers suggest that you can help lower levels of anxiety and depression by:

- Staying connected to your friends and your family for support
- Ensuring that you don't watch the news for more than 4 hours a day
- Trying your best to maintain a daily routine
- Trying not use negative language

MENTAL HEALTH SUPPORT SERVICES

Beyond Blue

Beyond blue have created a coronavirus mental wellbeing support service that provides information about mental health specific to coronavirus. On the page you will find

- Links to information, advice and strategies
- Ways to stay positive if you've lost your job
- Staying connected during this pandemic

Website: coronavirus.beyondblue.org.au

Lifeline

Lifeline have created a website for mental health and wellbeing during the COVID-19 outbreak. On the page you will find how to:

- Manage your exposure to media coverage
- Follow a "calm yet cautious" approach
- Show compassion and kindness to one another

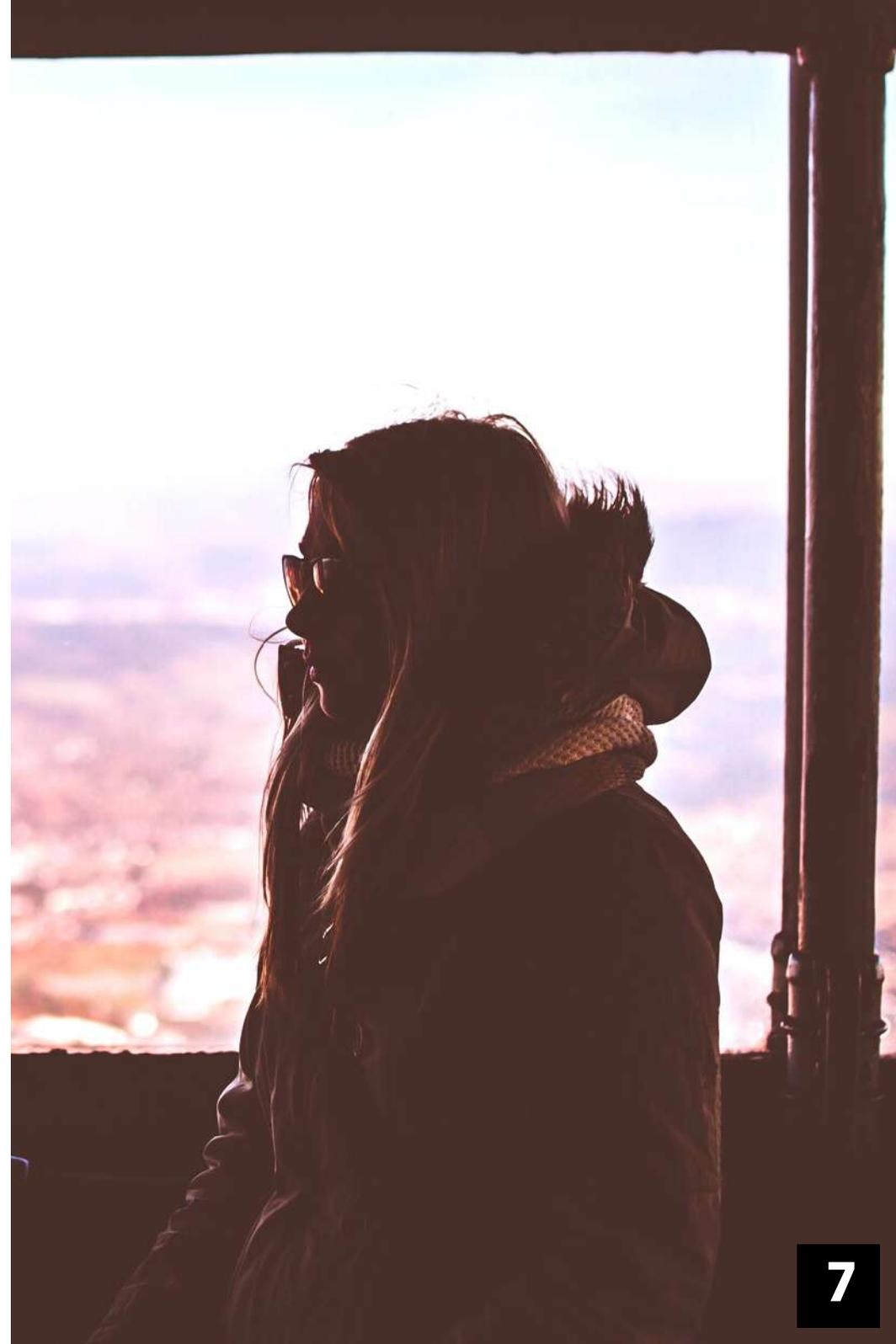
Website: lifeline.org.au

Department of Health and Human Services (DHHS)

DHHS has information that will help you during the COVID-19 pandemic:

- Staying positive
- Staying connected

Website: dhhs.vic.gov.au/mental-health-resources-coronavirus-covid-19





HOW TO MEDITATE

WHAT YOU WILL NEED

- Quiet room
- Chair or comfortable cushion
- Timer

STEPS

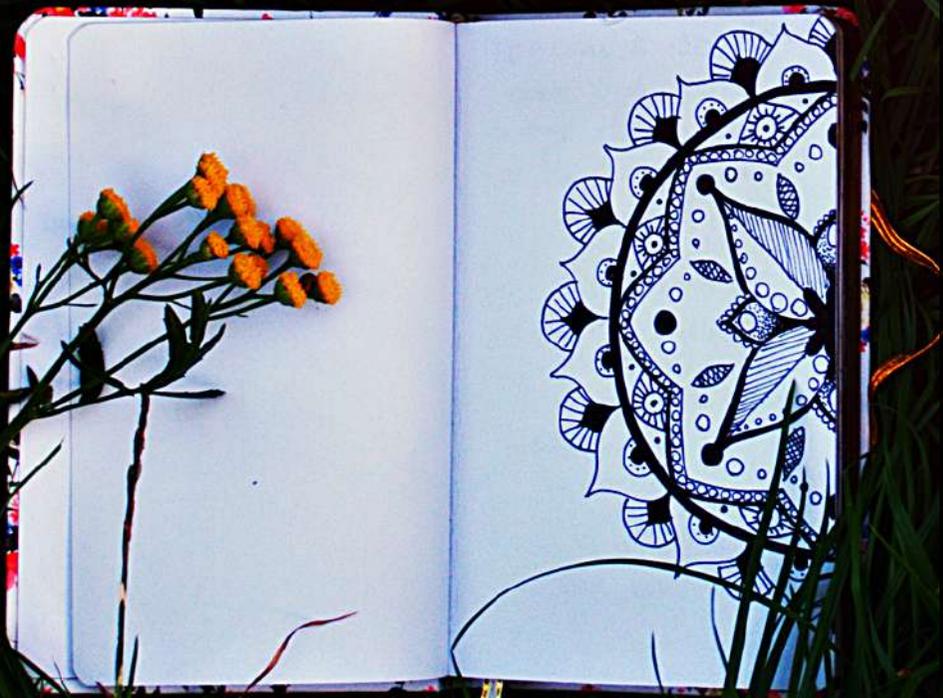
1. Find a quiet place to meditate
2. Sit with your legs crossed on the floor or in a comfortable position
3. Set a timer for 10–30 minutes
4. Close your eyes and keep them closed
5. Breathe in and out and focus on your breath
6. Continue until the timer stops

You should try to meditate once a day.

HOW TO DRAW A MANDALA AT HOME

WHAT YOU WILL NEED

- Paper
- Pencils
- Ruler
- Eraser
- Coloured pencils
- Watercolours
- Crayons



STEPS

1. Measure out your paper into a square shape. The square can be as big or as small as you like. Use your ruler and a pencil to draw a dot in the very centre of the square.
2. Use your ruler to draw four dots around the centre dot to create a diamond shape. They should be 1.5cm to the left, right, bottom and top of the centre dot.
3. Using the same process as before, make a mark 4cm on the top, below, to the left and to the right of the centre dot.
4. Using the same process as before, make a mark 8cm on the top, below, to the left and to the right of the centre dot.
5. Draw a straight vertical line connecting the dots that go up and down, and a straight horizontal line connecting the dots that go on either side.
6. Draw another series of dots at the same distances 1.5cm, 4cm, and 8cm from the centre as your first series of dots to make an X shape.
7. Next, use your ruler to connect the dots you just made and create a large X.
8. Now you'll want to connect the dots into circles. To do this, start at one dot, and draw a curved line to the next dot, and so on.
9. Now that you've drawn the basic outline for your mandala, you can begin drawing designs in your mandala! Using the lines and circles you drew as guidelines, you can draw shapes like circles, triangles, raindrops, loops, etc.
10. Continue to draw more and more designs to make your mandala look more complex.
11. Colour it in using coloured pencils, crayons or watercolours.



ALCOHOL FACTS

Alcohol and COVID-19

- Consuming alcohol will not destroy the virus.
- Consuming alcohol is likely to increase the health risk of a person infected with the virus.
- Alcohol with a concentration of at least 60% works as a disinfectant on your skin, but it has no such effect within your system when ingested.
- Alcohol use weakens the immune system and reduces the ability to cope with infectious diseases.

Impact of Alcohol

- Alcohol can make your mental health feel worse if you already have depression or anxiety.
- Drinking too much alcohol over time can cause chronic, physical and mental health issues.
- Heavy drinking can cause or contribute to liver damage, cardiovascular disease and affect the brain.
- Alcohol can cause certain types of cancer, even in small quantities.
- Alcohol alters your thoughts, judgement, decision-making and behaviour.

Drink Responsibly

- Space your drinks out. Australian Health standards suggests a standard drink is always equal to 10g of alcohol.
- Have a glass of water between drinks.

ALCOHOL ABUSE SUPPORT SERVICES

Alcohol and Drug Foundation: Coping with COVID-19

Information, links and help to reduce alcohol abuse, including information on:

- Isolation and relapse
- Alcohol and other drug use in the family
- Mixing alcohol and other drugs
- Drink driving
- Withdrawal
- Support for people use alcohol and other drugs
- Federal and state-based coronavirus information
- Getting help

Website: adf.org.au/covid-19/

Phone number: 1300 85 85 84

DrinkWise: the importance of moderation during COVID 19

Dr Rochford, DrinkWise Ambassador, features in a series of three videos on:

- Drinking in moderation during COVID-19: talking about how COVID-19 can create stress and anxiety and encouraging people not to use alcohol as a short term fix and reminding Australians to reach out to support one another.
- Parental influence: video reminding parents about the importance of being a good role model for their children especially during uncertain times
- Australian alcohol guidelines: addressing the importance of moderation and urging people to seek help if needed.

Website:

drinkwise.org.au/drinking-and-you/the-importance-of-moderation-during-covid-19/#

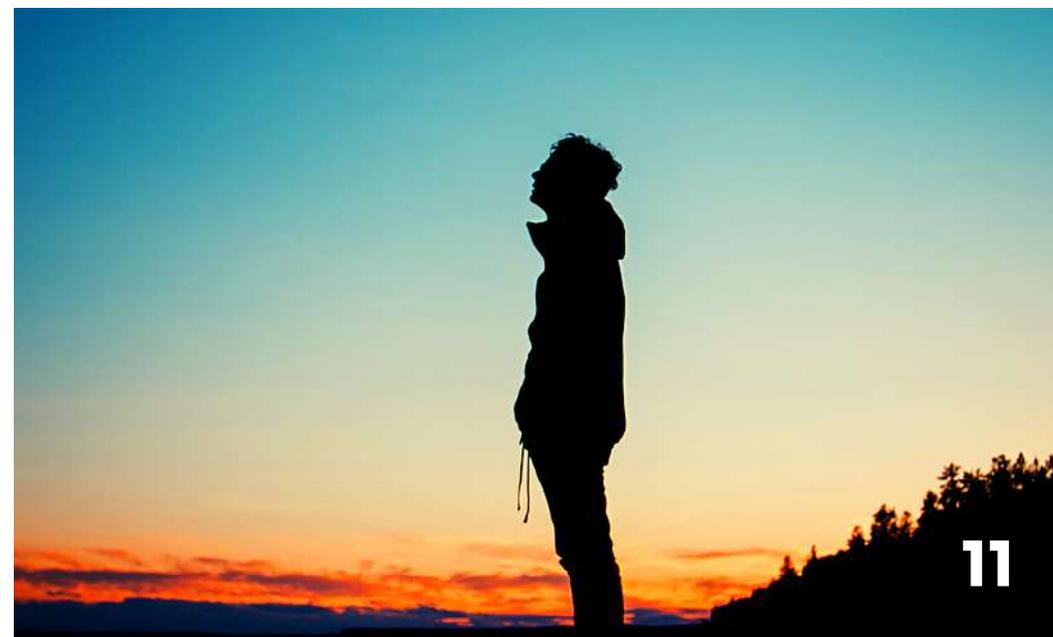
World Health Organisation: Alcohol and COVID-19: What you need to know

Factsheet providing information about alcohol consumption and COVID-19:

- General facts about alcohol and your body
- General myths about alcohol and COVID-19
- What to do and what not to do during the COVID-19 pandemic
- Alcohol and physical distancing during the COVID-19 pandemic
- Alcohol and home isolation or quarantine
- Alcohol-use disorder and COVID-19
- How to find reliable information and how to spot misinformation

Website:

euro.who.int/__data/assets/pdf_file/0010/437608/Alcohol-and-COVID-19-what-you-need-to-know.pdf



COVID-19 AND SOCIAL CONNECTIONS

Right now the world is going through a pandemic known as COVID-19. In response to this, people need to stay inside and self-isolate, so the virus doesn't spread. People may have problems connecting with loved ones and friends, which can severely impact social connections.

Not socialising is detrimental to our health, studies show that it boosts mental health, helps people live longer, decreases the risk of suicide and improves quality of life. One study showed that social connection is more influential to health than obesity, smoking and high blood pressure.

When we are distant from everyone this can severely impact our mental health and even physical health. A study from Mindwise Innovations showed that "human beings are inherently social creatures. Individuals with stronger social relationships have a 50% increased likelihood of survival."

Since isolation started, a number of social services and apps have come out, such as Houseparty or Netflix party. Even though there's a deadly virus going around, we have access to a wide range of technology and devices that can help us satisfy the empty void we have sitting in our hearts.



HOW TO STAY CONNECTED DURING QUARANTINE USING NETFLIX PARTY

WHAT YOU WILL NEED

- Laptop with internet access
- The Netflix Party extension downloaded on Google Chrome

STEPS

1. Download the Netflix Party extension.
2. Open Netflix and start the show or movie you want to watch.
3. Click on the extension as it appears when red (in the top right corner).
4. A window will pop up instructing you to create a party to watch the show or movie together. You have the option to take control of the party or give everyone else control. Click on which option you prefer.
5. Click on start party.
6. A pop up box will show up with the link to share the party with your friends and family. You can also join an existing party.

HOW TO STAY CONNECTED THROUGH HOUSEPARTY



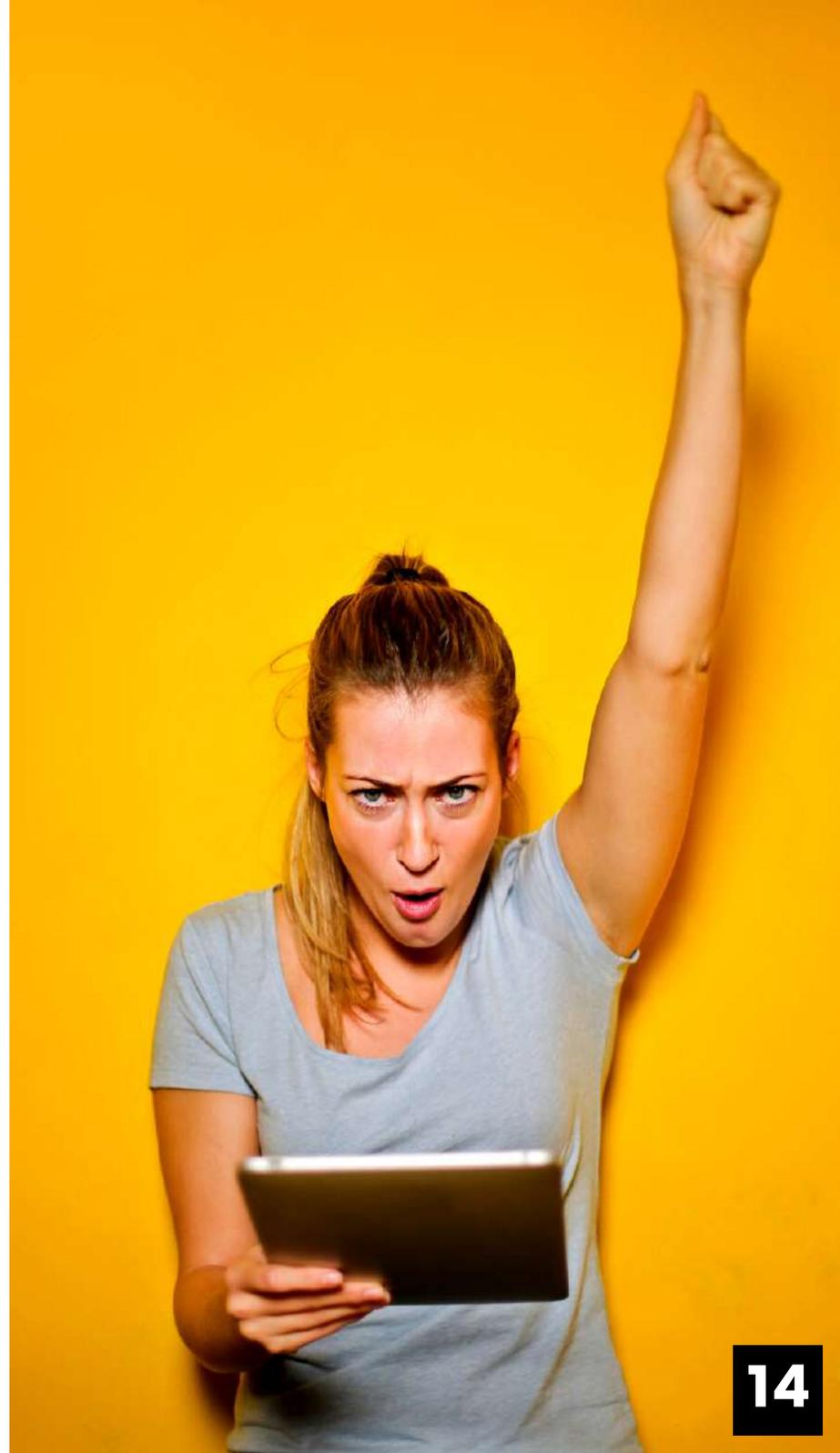
Houseparty is a social face to face networking app that's available on mobile and desktops. You can play games with friends, video call each other and play trivia. When any of your friends open the app, you'll get a notification saying they're online. They also have the option to be able to "sneak into the house", which means when they open the app, you won't get notified.

WHAT YOU WILL NEED

- Mobile device/computer
- Internet

STEPS

1. Go on the internet and search 'Houseparty download'.
2. Click on the website that comes up and then scroll down to download.
3. Click download on the device you're using.
4. Open the app/extension, then set up your account and follow the instructions on the screen.
5. When set up, click on friends to add your friends.
6. Press the phone symbol to start a chat with your friends.





HEALTHY DIET

The best way to keep healthy is to eat food from each of the five food groups every day, like vegetables, and legumes/beans, fruits, grains, cereals, lean meat, poultry, fish, eggs, tofu, nuts, seeds, milk, cheeses, yoghurts or alternatives. The amount of food you eat will vary during your life.

FRUIT

- Fruit is best eaten fresh
- Adults and children 9+ need two pieces of fruit each day

VEGETABLES AND LEGUMES

- Beans and peas have hundreds of natural nutrients, such as vitamins, minerals and dietary fibre
- One serve is equal to half a cup cooked or 1 cup raw
- Adults or children above the age of 9 need 5-6 serves each day

LEAN MEAT, POULTRY, FISH

- Beans and peas have hundreds of natural nutrients, such as vitamins, minerals and dietary fibre
- One serve is equal to half a cup cooked or 1 cup raw
- Adults or children above the age of 9 need 5-6 serves each day

MILK, CHEESE AND YOGURT

- Milk gives you protein, vitamins and calcium
- Adults need about 2-4 serves a day
- 1 serve is equal to 1 cup of milk, or 2 slices of cheese or 200g of yogurt

UNSATURATED FOODS AND DRINKS

Keep your consumption of unsaturated foods and drinks, like spreads, biscuits, processed meat, fried food, sweets, cordial, fruit, sport, plus energy drinks and alcohol to a minimum.



15-MINUTE MEXICAN BURRITO BOWL

INGREDIENTS

- 300g of extra lean beef mince
- 2 tsp ground cumin
- 2 carrots grated
- 1 small avocado
- 250g of rice and quinoa
- 1 tsp ground coriander
- 4 tomatoes diced
- 1 lime
- 120g baby leaf spinach
- 1/2 tsp chilli
- Mexican beans
- Fresh coriander

STEPS

1. Brown the beef mince in a non-stick frying pan over medium to high heat. Add cumin, coriander and chilli and mix.
2. When the mince is cooked through, stir in dried beans.
3. Prepare rice and quinoa as per packet instructions and divide among four bowls.
4. Top with mince and bean mix, chopped avocado, diced tomato, baby spinach and carrot.
5. Squeeze lime over bowl and finish with chopped coriander.

5-MINUTE BERRY SMOOTHIE

INGREDIENTS

- 3 cups organic yogurt
- 1 large banana
- 2 cups coconut water
- 1 cup rolled oats
- 2 cups of frozen mixed berries

STEPS

1. Place yoghurt, coconut water, rolled oats, mixed berries and banana into a large blender or food processor.
2. Blend until it's a smooth mixture.
3. Pour into four tall glasses.
4. Serve.





BAKED BANANA PORRIDGE

INGREDIENTS

- 2 small bananas halved lengthways
- 4 walnuts roughly chopped
- 100g jumbo porridge oats
- 150ml milk of your choice
- 1/4 tsp cinnamon

STEPS

1. Heat oven to 170°C-190°C for fan forced ovens, or 5 for gas ovens.
2. Mash up one banana half, then mix it with the oats, cinnamon and milk.
3. Add 300ml of water and a pinch of salt and pour into a baking dish.
4. Top it with the remaining banana halves and scatter over the walnuts.
5. Bake for 20-25 minutes until the oats are creamy and have absorbed most of the liquid.
6. Serve.

CHICKEN AND ASPARAGUS SOUP

INGREDIENTS

- 2 boneless skinned chicken breasts or 200g minced chicken
- 1 small onion or 50g chopped onion
- 5 cups or 1250ml water
- 1 cup or 100g asparagus
- 2 tbsp fresh parsley
- 1 sachet Maggi chicken noodle soup
- 1 small carrot or 70g cut into slices
- 2 tbsp coriander leaves

STEPS

1. Combine minced chicken and chopped onion in a mixing bowl and mix well.
2. Divide the mixture into small portions and form into balls.
3. Arrange chicken balls in a non-stick oven tray and bake in the oven for 10-12 minutes or until well cooked.
4. Trim away the woody end of the asparagus and cut into 4cm pieces.
5. Add water, chicken balls and Maggi chicken noodle soup to a large sauce pan. Bring to boil and simmer on low heat for 6 minutes uncovered.
6. Add asparagus and carrot slices then simmer for another 5 minutes.
7. Garnish with parsley and serve.





GREEK-STYLE ROAST FISH

INGREDIENTS

- 5 small potatoes (about 400g), scrubbed and cut into wedges
- 1 onion, halved and sliced
- 2 garlics cloves, roughly chopped
- ½ tsp dried oregano or ½ tbsp chopped fresh oregano
- 2 tbsp olive oil
- ½ lemon cut into wedges
- 2 large tomatoes cut into wedges
- 2 fresh skinless pollock fillets (about 200g)
- A small handful of parsley roughly chopped

STEPS

1. Heat the oven up to 180°C-200°C for fan forced ovens, or 6 for gas ovens.
2. Put the potatoes, onion, garlic, oregano, and olive oil into a cooking tray.
3. Season, then mix them together with oil and then spread out evenly over tray.
4. Roast for 15 mins, turn everything over and bake them for another 15 minutes.
5. Add the lemon and tomatoes, and roast for 10 mins.
6. Add fish fillets and cook for another 10 minutes.
7. Serve with parsley on top.

OVEN BAKED CURRIED CHICKEN AND POTATO

INGREDIENTS

- 8 chicken drumsticks
- 3 tbsp olive oil
- 1 tsp garlic paste
- 1 tsp ginger paste
- 1 tsp garam masala
- 1 tsp turmeric
- 150ml natural yogurt
- 500g potatoes, halved
- 4 large tomatoes, roughly chopped
- 1 red onion, finely chopped
- small pack coriander, roughly chopped

STEPS

1. Put the drumsticks into a big bowl with ginger, 1 tablespoon of oil, garlic, garam masala, turmeric and 2 tablespoons of yogurt.
2. Mix them together and make sure that everything is coated.
3. Put the potatoes in a cooking tray then spread the remaining oil around the tray with some seasoning.
4. Add the drumsticks and cook them for 40-50 minutes until the drumsticks are golden.
5. Remove from oven.
6. Spread the tomatoes and onions around evenly, add coriander and some seasoning over the chicken and the potatoes.
7. Serve with the remaining yogurt on the side.





STUFFED CAPSICUMS

INGREDIENTS

- 1kg pork mince
- 1tbs Hungarian sweet paprika
- 2 eggs
- 2 large cans of tomato soup
- 1 ½ cups medium grain rice
- 6-8 medium capsicums
- 1 cup of water (maybe more)
- Large pot

STEPS

1. Combine the mince, paprika, egg and rice. Mix thoroughly.
2. Cut the top off the capsicums.
3. Empty the capsicums and then stuff them with the mixture.
4. Place into a large pot. After that, empty the cans of soup into the pot and add water.
5. Cook the capsicums until the rice is cooked (add more water if needed).
6. Serve.

CHEESY MINCE BEEF TACO

INGREDIENTS

- 1 large onion
- 500g mince beef
- 1 can diced tomato
- 1 can black beans
- 1 tbsp taco seasoning
- Salt
- 2 cups shredded cheddar
- Tacos
- Preferred taco toppings

STEPS

1. In a large skillet over medium high heat cook onion until soft.
2. Add beef and cook until browned.
3. Add tomatoes, black beans and taco seasoning and season with salt. Stir until combined.
4. Add cheese and stir until completely melted.
5. Serve in taco with preferred toppings.



THE IMPORTANCE OF EXERCISE

Exercise is important for your physical and mental health. You should aim for 30 minutes of exercise per day to maintain a healthy body. Experts say you need at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity, a week.

HERE ARE SOME REASONS WHY EXERCISE IS IMPORTANT

- It promotes better sleep quality and relaxation
- It helps control your weight
- It helps your brain health and memory
- It is good for your muscles and bones
- It reduces the risk of diseases
- It reduces the likelihood of you getting sick
- It improves your mood and can make you feel happier
- Exercising regularly helps boost your immune system
- It increases the number of endorphins that are released into your body and increases productivity
- It can help skin health

ALTERNATIVES TO EXERCISE EQUIPMENT

TIPS FOR HOME WORKOUTS

The Importance of Warm Up Routines

When working out, it is important to develop and perform a warm up routine suited to your workout as it reduces the risk of injuries like sprains and tears. The warm-up routine should focus on getting the muscle groups you plan to workout warm and loose. The number one rule to follow when developing a warm up routine is to keep all stretches dynamic (moving) and not static (still). Static stretches are dangerous to perform on already tight and cold muscles so they are used to cool down from heavy exercise.

The Benefits and Uses for Home Workout Equipment

Although you can workout with zero equipment, it is beneficial to use equipment in some exercises. Some easy to obtain and useful home workout equipment options are:

Yoga Mats

A yoga mat is used as a sort of cushion between a person and a hard surface. This is beneficial as it reduces the impacts some exercises create. They're also much more comfortable than a concrete slab.

The TRX

The TRX consists of two handles that are each attached to their own adjustable strap that can be connected/hooked to an overhead structure, ideally one that can support your weight. The TRX is used for suspension training, focusing on bodyweight exercises which makes it ideal for home workouts. It makes proper full body workouts much easier to perform at home, when things like dumbbells and barbells are not around.

Resistance Bands

The uses for resistance bands are many. The ones we should pay attention to are great to replace some exercise machines like the cable crossover and the row machine. They're also a great alternative to free weights. The benefits of resistance bands are demonstrated in just how versatile they are, as the possibilities are endless. For example, you can stand on them and use them for bicep curls or attach them to a pole, etc.



EXERCISES YOU CAN DO AT HOME

WHAT YOU WILL NEED

- Chair
- Beach towel
- Yoga mat
- Hand towel
- Backpack
- Anything small that can be used as a weight e.g. pack of rice/flour

EXERCISES

- Push ups
- Chair dips
- Body weight squats
- Standing backpack bicep curls
- Hip thrusts

PUSH UPS

STEPS

1. Lay out your mat or beach towel if you have one.
2. Get into a plank position on the mat, towel or ground.
3. Keep your arms in line with your shoulders as shown in the image below.
4. Lower yourself using your arms, keeping your elbows close to your body.
5. Make sure you keep your bottom up, don't let your mid-section drop.
6. Push against the ground with your arms till you have risen back up into a plank position.
7. When pushing down, squeeze your chest. When in a plank, squeeze your triceps.
8. Repeat until you have completed your set.

If it's too hard for you, put your hands on a chair or bench keeping your feet on the ground creating an angle. This makes you lift less of your body weight, making it easier.





CHAIR DIPS

STEPS

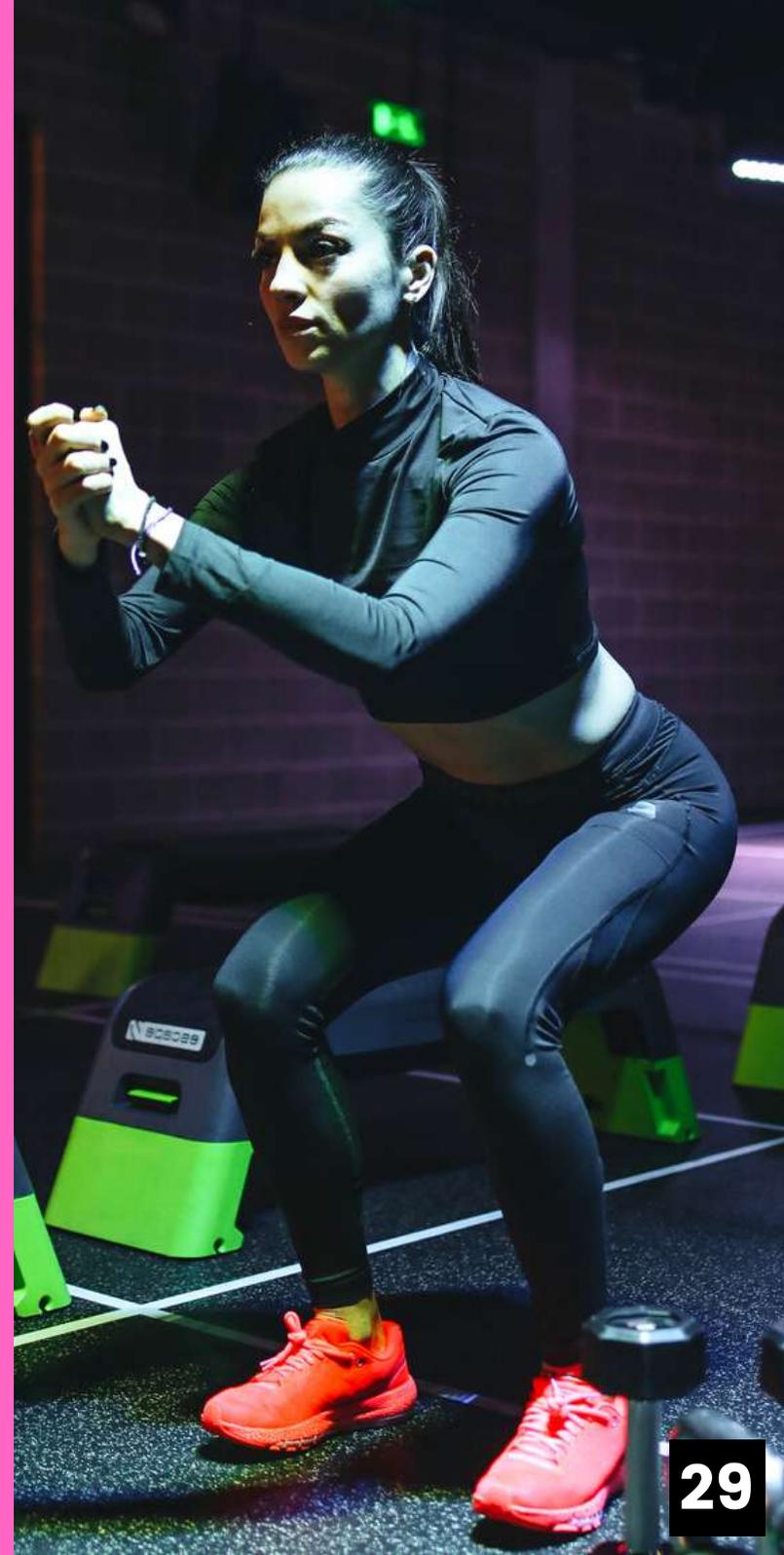
1. Sit on the edge of the chair (if you want you can use a towel as padding).
2. Place your hands next to you with your fingers over the edge, gripping the chair.
3. Slip your bottom off the edge of the chair so that you are holding yourself up with your hands.
4. Keep your legs bent at a 90-degree angle with your feet facing forwards.
5. Lower yourself down using your arms, supporting yourself with your legs.
6. Go down as far as you feel comfortable at first (if you can try and get your arms to a 90-degree angle).
7. Once you have reached your lowest comfortable depth, push up with your arms, focusing on your triceps (don't worry if you can't really distinguish them from the rest of your arms at first).
8. Repeat till you have done the reps required in your workout plan.

BODY WEIGHT SQUATS

STEPS

1. Stand up straight with your legs apart (about shoulder width apart).
2. Feet facing forwards.
3. Lower yourself only with your legs (like you're going to sit on a chair). Keep your chest up and back straight.
4. Go as low as is comfortable at first and work your way to bringing your thighs parallel to the ground. If you can go that low at the start, that's great!
5. Once you are as low as you can go, push up through your feet (focusing on your quadriceps).

If you are wondering what to do with your hands, there are a few common ways people go about it. One option is to keep your arms out straight, or another option is called the prisoner, which is where you put your hands behind your head as if you are being arrested.





STANDING BACKPACK BICEP CURLS

STEPS

1. Fill the backpack with the weight right for YOU (try a few times with different weights if needed).
2. Stand straight with a slight bend in your knees.
3. Hold the backpack with both hands on the top handle or loop a towel through it and hold onto both ends of the towel (if using the towel have your thumbs skyward).
4. While holding the backpack have your elbows by your side. Focusing on the biceps, bend at the elbows, so your hands are nearly level with your shoulders.
5. Once you have reached shoulder level lower your arms down slowly till they are fully extended by your side. At the bottom squeeze your triceps.
6. Repeat according to your workout program.

HIP THRUSTS

STEPS

1. Lay out your mat/towel on an even surface.
2. Lay down on your mat/towel facing the ceiling.
3. Bend your leg at the knees.
4. Thrust your hips up, focusing on your glutes (keep your back straight).
5. Rise up onto your shoulders.
6. Hold for about 3 seconds.
7. Slowly descend back down to the mat/towel.
8. Repeat according to your workout plan.

If it's too easy you can add weight to your hips (a bag of flour or something small with the right weight for you). Alternatively, you can lift one leg off the ground, only using the opposite glute to thrust.



A hand is shown holding a smartphone, with the screen displaying a white interface. In the background, a silver pen and a black spiral notebook are visible on a dark surface.

APPS TO HELP YOU TRACK YOUR HEALTH

CrossFit

Cost: Free

CrossFit is an exercise app that helps the user to track their body progress. The app also offers a range of different exercises and many healthy meal plans for the user. CrossFit also keeps track of how much protein, carbs, fat and calories the user has burned. The app also has a workout calendar to help users know when to work out and when to rest.

Available in IOS & Android

Strava

Cost: Free or Subscription

Strava is an app for people that enjoy cardio exercise such as jogging, swimming, jumping rope or any exercise that doesn't include weights. The app tracks your distance, speed, and how many calories you burned. It also has a map for jogging and cycling routes for the user to pick from around the world.

Available in IOS & Android

Australian Calorie Counter - Easy Diet Diary

Cost: Free

ACC is an app that keeps track of users' calories. The user can search for foods or scan barcodes to record their energy intake and nutrients. Users can also track the amount of energy that was burned during an exercise and how much weight they lose. The user energy intakes can be measured in calories or kilojoules and by taking pictures of what they ate.

Available in IOS

PHYSICAL HEALTH SUPPORT SERVICES

Your Community Health

- Provides health and medical services
- Information about COVID-19

Website: yourcommunityhealth.org.au

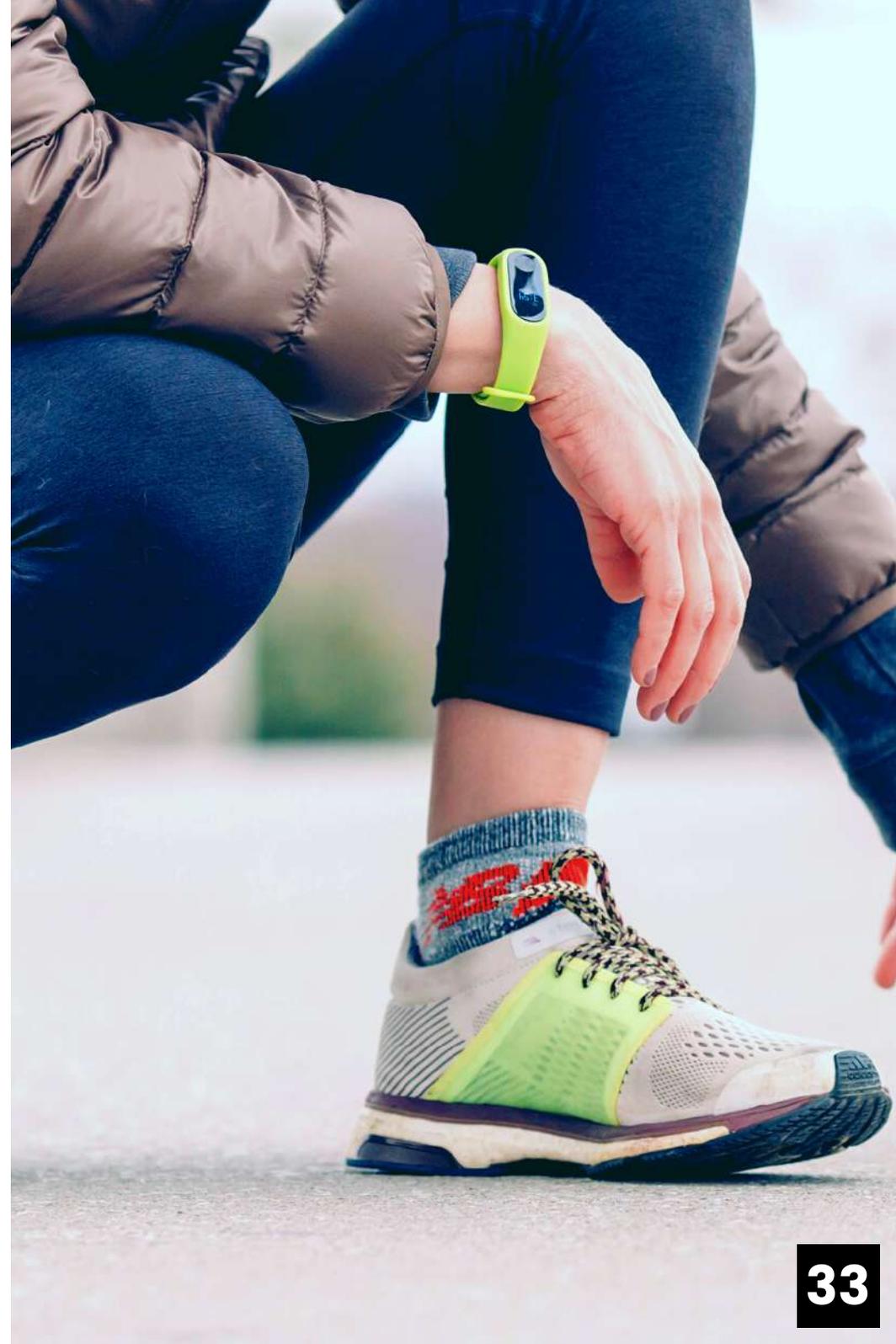
Phone: (03) 0870 1111

Dietitian Association of Australia

- Information on healthy eating
- Weight management tips
- Nutrition tips and advice during COVID-19
- Information on foods products

Website: daa.asn.au

Phone: (03) 9699 8634





HOW TO SET A MONTHLY BUDGET

WHAT YOU WILL NEED

- Budgeting tool
- Your financial information such as income, bank statement, bills, etc.

HOW TO SET A MONTHLY BUDGET

STEPS

Income

1. List all your sources of income for a month in the budgeting tool.
2. Add the totals together to calculate your total monthly income.

Expenses

3. List your monthly fixed expenses, such as: rent, electricity, gas, phone bills, food, insurance, transport costs, school fees, etc.
4. List your monthly debt expenses, such as: personal loan, credit card or home loan repayments.
5. List your optional monthly expenses, such as: gym memberships, Netflix and other streaming services, movies, shopping, hairdressers, dining out, etc.
6. Add the totals together to calculate your total monthly expenses.

Savings Goals

7. Subtract your total monthly expenses from your total monthly income. This number should be positive. If it is not, examine your optional monthly expenses. You need to make changes to this to reduce your total monthly expenses.
8. Use the extra monthly money to pay off your debts or put into a savings account.

MONTHLY BUDGETING TOOL

INCOME

Add all your monthly income together

Source of income:	Monthly income:
	\$
	\$
	\$
	\$
	\$
	\$
	\$
Total monthly income:	\$

EXPENSES

Fixed Expenses: Create a list of fixed things that need to be paid off each month such as rent, gas and electricity.

Expense:	Amount:
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
	\$
Total fixed monthly expenses:	\$

Debt Expenses: Create a list of debt expenses that need to be paid off each month such as credit card, car loan, mortgage, etc.

Expense:	Amount:
	\$
	\$
	\$
	\$
	\$
	\$
Total Debt Monthly expenses:	\$

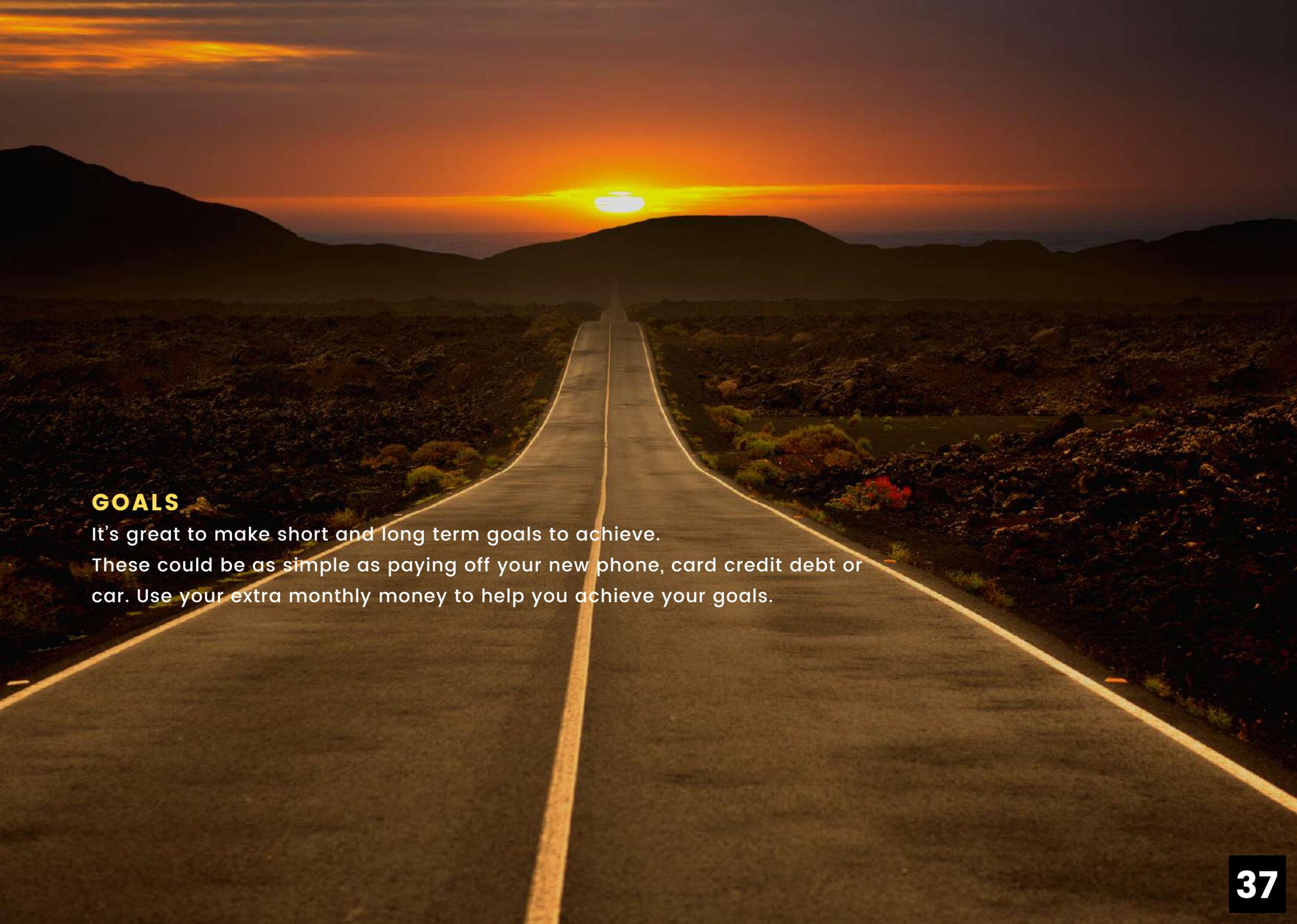
Option Expenses: Create a list of optional monthly expenses such as streaming services, dining out, etc.

Expense:	Amount:
	\$
	\$
	\$
	\$
	\$
	\$
	\$
Total optional monthly expenses:	\$
Total monthly expenses:	\$

Extra Monthly Money

Subtract your total monthly expenses from your total monthly income. This number should be positive. If it is not, examine your optional monthly expenses. You need to make changes to this to reduce your total monthly expenses.

	-		=	
TOTAL MONTHLY INCOME	-	TOTAL MONTHLY EXPENSES	=	EXTRA MONTHLY MONEY

A long, straight asphalt road stretches from the foreground towards a bright sunset on the horizon. The sun is a glowing orb, partially obscured by a thin layer of clouds, casting a warm orange and yellow light across the sky. The road is flanked by dark, scrubby vegetation and leads towards a range of dark mountains in the distance. The overall mood is one of hope and forward progress.

GOALS

It's great to make short and long term goals to achieve. These could be as simple as paying off your new phone, card credit debt or car. Use your extra monthly money to help you achieve your goals.

Y
Riley
Chloe
Russell
Harry
Tong
Gokhan

Z
Evan
Justice
LIV
Ty

Abdi
AIDAN
Erol