

THE CARR *remote* EXPERIENCE

Issue No. I



While our bodies adjust to our new at-home routines, it is important to continue to prioritize physical activity and healthy eating.

Below are a few of our go-to resources.



IMMUNE BOOSTER BY ORGANIC BURST

This easy to make drink contains incredible immune-supporting ingredients. Enjoy every 4 hours to keep your natural defenses up.

Mix the below ingredients in a half glass of hot water:

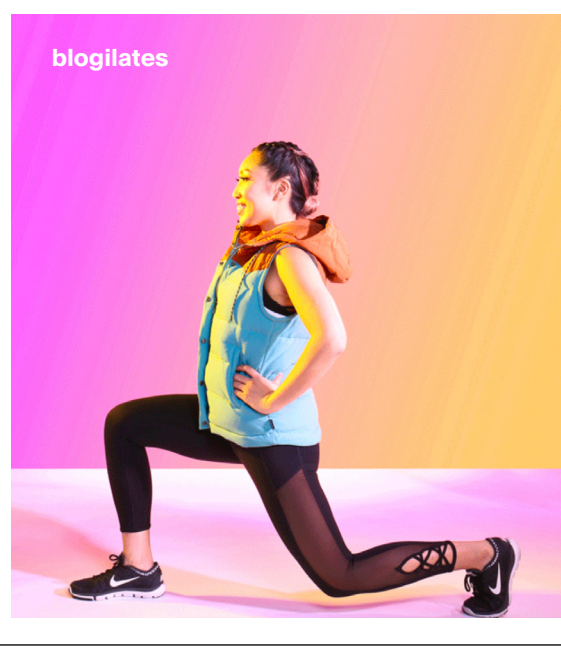
- 1 tsp Apple Cider Vinegar
- 1 tsp Turmeric
- 1 tsp Cinnamon
- Grate 1 Slice of Ginger
- Juice from ¼ Lemon



GET MOVIN' AT HOME



THE *magic*
IS IN YOU.
LET'S GET MOVING!



Don't let the #Quarantine15 get you down! Fitness brands large and small are streaming classes to help you move with little to no equipment needed.

Peloton has extended their [App Free Trial to 90 Days!](#) Gain access to their full library of classes, including yoga, meditation, strength, cycling, running and more.

OBE is offering unlimited access to live, daily classes, as well as over 4,000 on-demand classes. Sign up for their free 7-day trial today!

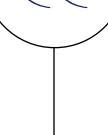
Other free online classes worth checking out:

- [POPSUGAR Fitness](#)
- [Blogilates](#)
- [Local Yoga Studios](#)



FOOD FOR THOUGHT

Whether you're looking to order in or try a new recipe, we've got you covered.



THERE IS NO
sincere love
THAN THE
LOVE OF *food*

—George Bernard Shaw

TUESDAY - RECIPE



- **Monday:** [Sausage, Potato & Broccoli Sheet Pan Supper](#) by Mary Smith
- **Tuesday:** [One Pot Salmon in Roasted Garlic Tomato Sauce with Green Beans & Potatoes](#) by Inspiralized
- **Wednesday:** Order dinner and drinks from [Blackfinn](#) DC for in-store or curbside pick-up.
- **Thursday:** [Speedy Tomato Pasta](#) by Deliciously Ella
- **Friday:** [Instant Pot Buffalo Chicken Tacos](#) by Pinch of Yum
- **Saturday:** Check out the site [Dining at a Distance](#) to find nearby restaurants that are open for take-out, curbside pick-up or delivery.
- **Sunday:** In the mood for Italian? [Officina](#) is offering a paired down menu on Toast TakeOut and Caviar. [Masseria](#) is also offering daily, rotating family-style dinner options on Toast TakeOut or Square Space.



HOME ORGANIZATION

THE HOME EDIT said it best, we may not be able to control what's going on in the outside world, but we can create some peace and order in our own homes.

Challenge yourself to complete their [14-DAY MINI EDIT](#), while you spend time at home.



For more information or to submit content ideas, please reach out to Trisha Joyce at tjoyce@carrprop.com.

Additionally, for real-time announcements and updates surrounding the operations and management of your building, [click here](#).