

THE DAILY WELLNESS

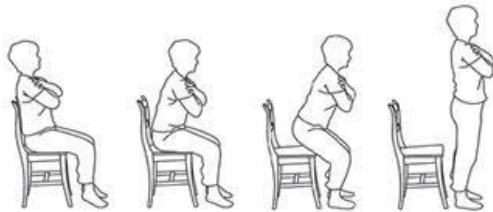
Monday, April 13, 2020

MOVEMENT MOMENT

Repeat this series of exercise a total of three times.

1. March in place or walk back and forth across your apartment for two minutes.

2. Perform 10 sit-to-stands.



Feet should be shoulder width apart.
Knees should be aligned above the ankles.
If needed, you may push off the arms of a chair.

3. Perform 20 leg extensions (each leg).



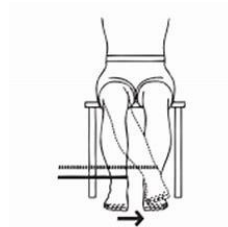
Sit up tall and extend your leg from the knee joint. Control the movement as you extend and then flex.

4. Perform 30 seated toe raises.



Sit up tall to engage the core. Keep feet flat on the floor and raise the toes, bending at the ankle. Then lower the feet back down.

5. Perform 30 seated hip abductions (each leg).



Sit up tall to engage the core. Lift the right foot a couple inches and move in front of the left leg and, in controlled fashion, move the right leg out to the side a few inches and then bring back in front of the left leg. Repeat with the other leg.

MINDFULNESS MOMENT

Gratitude check-in. Write down the one thing you are most grateful for today.

BRAIN GAME

Writing is a wonderful way to stay socially connected, as well as to build “cognitive reserve”—the building of new neurons and connections in the brain. Write a letter to a family member or friend (or even to a stranger!) who might benefit from an encouraging word. Consider writing to a hospital patient or a member of the military.

QUESTION OF THE DAY

Record your response below or on another sheet of paper. Keep it for potential use with others in your community.

What are the best and worst purchases you’ve ever made?

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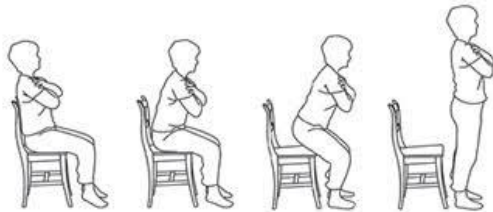
Wednesday, April 15, 2020

MOVEMENT MOMENT

Repeat this series of exercise a total of three times. All may be done seated or standing.

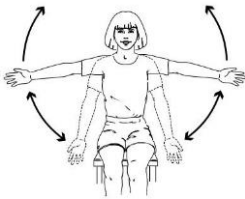
1. March in place or walk back and forth across your apartment for two minutes.

2. Perform 10 sit-to-stands.



Feet should be shoulder width apart.
Knees should be aligned above the ankles.
If needed, you may push off the arms
of a chair.

4. Perform 20 arm waves.



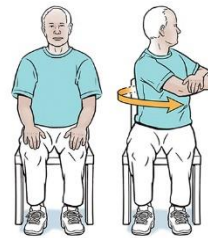
Begin with arms down by your sides
with palms facing outward. With arms
fully extended, move arms up above
your head and then lower back down.
Perform in a controlled manner.

3. Perform 20 inner thigh squeezes.



Place a small pillow a rolled-up towel
between your knees. Sit up and tall and
squeeze your thighs together. Hold for a
count of three. Release and repeat.

5. Perform 12 seated rotations (6 each side).



Sit up tall and cross your arms in front of
your body. Slowly rotate your body to one
side. Return to center and then slowly rotate
to the other side. Repeat.

MINDFULNESS MOMENT

Read the poem below. Sit quietly and reflect on the words.

Spring Pools by Robert Frost

These pools that, though in forests, still reflect
The total sky almost without defect,
And like the flowers beside them, chill and shiver,
Will like the flowers beside them soon be gone,
And yet not out by any brook or river,
But up by roots to bring dark foliage on.

The trees that have it in their pent-up buds
To darken nature and be summer woods -
Let them think twice before they use their powers
To blot out and drink up and sweep away
These flowery waters and these watery flowers
From snow that melted only yesterday.

BRAIN GAME

Thinking against the clock is a great way to keep your brain nimble. Set a timer for two minutes and think of famous pairs of friends. For example, Lucy and Ethel. How many can you get in two minutes? Text your friends and neighbors and compare answers.

QUESTION OF THE DAY

Record your response below or on another sheet of paper. Keep it for potential use with others in your community.

What is your favorite holiday memory and why?

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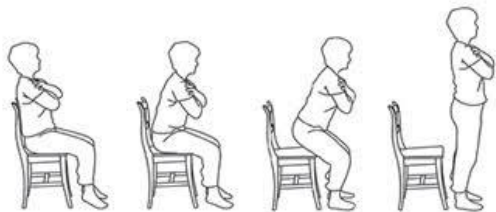
Friday, April 17, 2020

MOVEMENT MOMENT

Perform the circuit below four times. Take breaks as needed and drink water throughout.

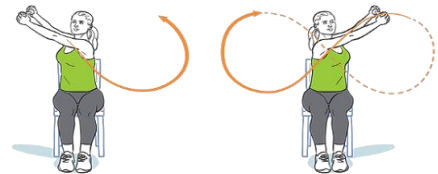
1. March in place for two minutes or walk back and forth across your apartment for two minutes.

2. Perform 20 seated jumping jacks. Start with knees bent and arms resting at your sides. Then extend your legs, straight and wide, with heels on the floor, and raise your arms in a V. Then bring your limbs back to the center.



3. Sit to stands. Perform 10... or 15 for an extra challenge! Feet should be shoulder width apart. Knees should be aligned above the ankles. If needed, you may push off the arms of a chair.

4. Perform 20 figure 8s. Sit tall in a chair to engage your core. Bring your wrists together and raise both arms up above your left shoulder. Keeping the arms together, lower to your right hip, bring up to your right shoulder, and then down to your left hip. Follow a figure 8 pattern. Continue to repeat, and switch direction after 10.



5. Perform 20 wall push-ups. This may be done standing or seated, by pulling a chair close to the wall. Place feet behind your body so you can lean into the wall. Keep feet flat on the floor. Place hands just below shoulder height and wider than your body. Lean your body in toward the wall while elbows bend out to the side.

CREATIVE ENGAGEMENT

Doodle Challenge: Cover a page with small circles. Turn each circle into a different face! If you have a smartphone, take a picture of your work and send to family and friends. Ask your friends and neighbors to share their doodle challenge with you.

MINDFULNESS MOMENT

Let's see if we can increase our mindfulness time! Spend 10 minutes connecting with your breath:

- Sit comfortably, with eyes closed and hands resting lightly on your belly.
- Focus all your attention on your breath.
- Try slowing the pace of your breath, relaxing as you do.
- Observe as your breathing becomes slower, deeper, and easier.

BRAIN GAME

It's time to challenge your brain again with recall and creativity! Set a timer for two minutes and write down all the songs you can think of that have the word "love" in the title. How many did you get?

QUESTION OF THE DAY

Record your response below or on another sheet of paper. Keep it for potential use with others in your community.

If you could time travel, where/when would you go? Why?
