

THE DAILY WELLNESS

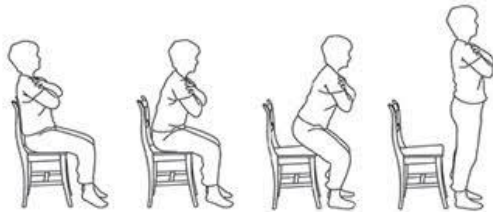
Monday, April 20, 2020

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 20 leg curls (each leg).



Stand behind a **VERY STURDY** chair or countertop. Squeeze your knees together and raise your right heel toward your bottom. Knees must stay together to properly engage the hamstring. Don't bend at the waist; stay standing tall and upright.

5. Perform 30 standing side leg raises (each leg).



Stand behind a **VERY STURDY** chair or countertop. If not comfortable performing, skip this exercise. Raise one leg out to the side in a controlled fashion, and return to center. Keep toes pointed forward throughout the movement.

MINDFULNESS MOMENT

Gratitude check-in. Write down three things you are grateful for today.

BRAIN GAME

Having confidence in our mental abilities can further boost our abilities. Write down five ways you think your brain is great. Here's an example: "My brain makes me a crossword puzzle guru."

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 childhood memory? Why?

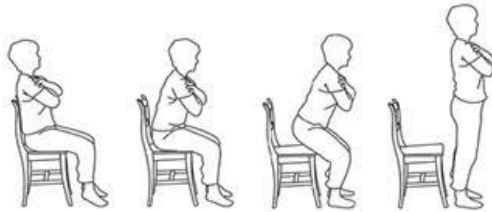
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Wednesday, April 22, 2020

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.
3. Perform 20 seated jumping jacks.



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



Start with knees bent and arms resting at your sides. 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.

4. Perform 20 seated chest flies,



Form a goalpost with your arms: Keep your upper arms (shoulders to elbows) parallel to the floor and your lower arms (elbows to hands) perpendicular to it. Bring your forearms together in front of your face. Return your arms to the starting point, squeezing your shoulder blades together, and repeat.

5. Perform 20 upper body chops (10 to each side). No dumbbell necessary.



Raise both arms up to the right and lower together across the body to your left hip. Allow your body to twist at the torso to your follow arms across your body. Keep feet and knees facing forward; don't allow them to twist. Raise arms back up above your right shoulder. Repeat on the other side, going from left shoulder to right hip.

MINDFULNESS MOMENT

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

Set the timer for two minutes and see how many words you can make from the letters in the first phrase below. Then try again with the other two words. Call or text your friends and neighbors and compare your answers.

**WELLNESS DAILY
BRAIN HEALTH
RESILIENCE**

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's the most courageous thing you've ever done?

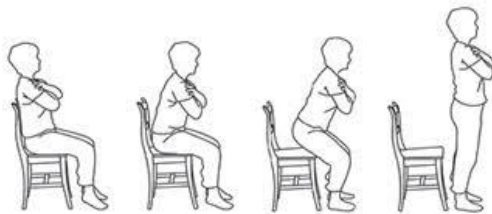
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Friday, April 24, 2020

MOVEMENT MOMENT

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

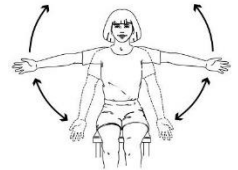
1. March in place for two minutes or walk back and forth across your apartment for two to four minutes.



2. Perform 15 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. March in place for two minutes or walk across your apartment back and forth for two to four minutes.

4. Perform 20 arm waves. Begin with arms down by your sides and palms facing outward. With arms fully extended, move arms up above your head and then lower back down. Perform in a controlled manner.



5. March in place for two minutes or walk across your apartment back and forth for two to four minutes.



6. 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

Creative Collage. Locate old magazines and, if possible, textured/colored paper, a pair of scissors, and glue or tape. Flip through the pages of the magazines and cut out any pictures or words that stand out to you (things that you like or things that you remind you of something wonderful) and then arrange them on the paper in a pattern you like. Glue or tape them onto the paper. Take a picture of your creation and share with family and friends via text messages or on video calls.

MINDFULNESS MOMENT

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

BRAIN GAME

Position a chair near a window and sit down. Take three minutes and observe the sights and sounds outside. Then move away from the window. Set a timer for two minutes and record all the items you saw and heard while observing out the window.

QUESTION OF THE DAY

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

When was a challenge in your life where it took resiliency to get through it in a positive manner? Describe in detail.
