

THE DAILY WELLNESS

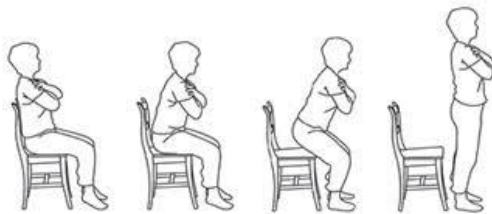
Monday, April 6, 2020

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.

4. Perform 20 seated leg extensions (each leg).



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

3. Perform 10 standing hamstring curls behind a chair.



Stand behind a **VERY STURDY** chair. Keep your knees pressed tight 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 20 seated or standing calf raises.



OR



Press up onto the balls of the feet. Slowly return to a flat foot position.

CREATIVE ENGAGEMENT: A FOUND POEM

Locate a Sharpie or a dark felt-tip pen and a magazine or old book you don't mind writing in or blacking out words in. Choose one paragraph in the magazine or book and circle words at random or words that you like. Then black out the remaining uncircled words, leaving only your circled words. You now have a Found Poem! Read it aloud, text it to family and friends, take a snapshot on your phone to save and share whenever you like. You can even record it below!

BRAIN GAME

We can stretch our creative mind skills by thinking outside the box!

Locate some common household items like paper clips, toothbrush, fork, placemat, rubber band, marker, notepad, etc. Come up with five uncommon uses for each household object beyond what they are normally used for. Be creative!

QUESTION OF THE DAY

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

In your opinion, what is the most beautiful place in the world? What do you like about that place?

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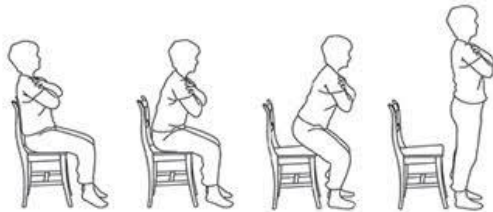
Wednesday, April 8, 2020

MOVEMENT MOMENT

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

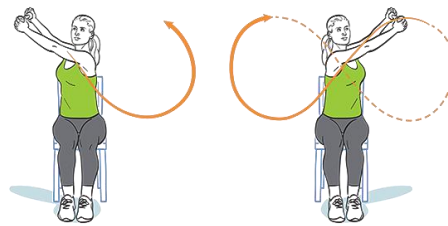
1. March in place or walk back and forth across your apartment for two minutes.

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.

3. Perform 20 figure 8s.



Sit tall in a chair to engage your core. Bring your wrists together and raise both arms above your left shoulder. Keeping arms together, lower to your right hip, then bring up to your right shoulder, and then down to your left hip. Follow a figure 8 pattern. Repeat 10 times, then switch direction.

4. Perform 20 seated leg extensions (each leg).



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

5. Perform 20 seated shoulder rolls.



Bring your shoulders forward, up to your ears, back, and then relax. Repeat as long as it feels good.

MINDFULNESS MOMENT

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

BRAIN GAME

Focus can help boost brain power, and can help your hearing as well. Sit in a chair and close your eyes. What sounds do you hear in your home? How many different sounds are there? Now go to a window and focus on the sounds outside. How many different sounds are there? Could you hear any of those sounds when focusing on what you hear inside your home?

QUESTION OF THE DAY

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

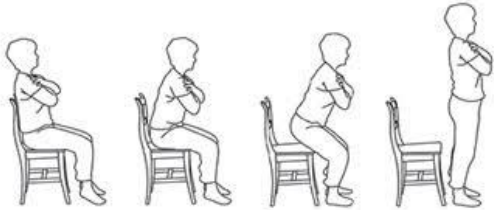
If you could eat as much of one food as you wanted without ever getting full or gaining weight, which food would you choose?

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Friday, April 10, 2020

MOVEMENT MOMENT

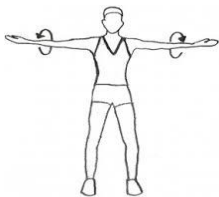
1. March in place for two minutes or walk across your apartment back and forth for two minutes.



2. 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.



3. 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.



4. Perform arm circles. Keep arms at shoulder height. Perform forward arm circles for 30 seconds. Then perform backwards arm circles for 30 seconds.



5. Perform 20 upper body chops (10 to each side). No dumbbell necessary. Raise both arms up to the right and then lower together across the body to your left hip, allow your body to twist at the torso to follow your arms across your body. Keep feet and knees facing forward; don't allow them to twist. Raise your arms back up above your right shoulder. Repeat on the other side going from above your left shoulder down to your right hip.

6. Perform the above circuit three times. Take breaks as needed and drink water throughout.

CREATIVE ENGAGEMENT

Use a camera or your smartphone to take a picture of something in your home that brings you a feeling of joy, relaxation, hope, or beauty. Write down why you chose that object or area, and how it makes you feel.

MINDFULNESS MOMENT

Put on calming music and sit in a comfortable chair. Close your eyes and allow your mind to wander to a favorite location. Notice the details of that place. Identify why you enjoy it or love it. What does it sound like? Smell like? What colors do you observe? How does that place make you feel?

BRAIN GAME

Here's a fun and easy way to practice your hand-eye coordination. Crumple some pieces of paper up into balls. Place a wastebasket nearby. Either standing or from a seated position, see how many balls you can get in the basket. For an additional challenge, move the basket farther away. If you live with someone, challenge them to see who can get 5 baskets first.

QUESTION OF THE DAY

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

Recall a time when you were significantly challenged. What was happening at the time? How did you work through that time? What habits did you apply to help yourself?
