

THE DAILY WELLNESS

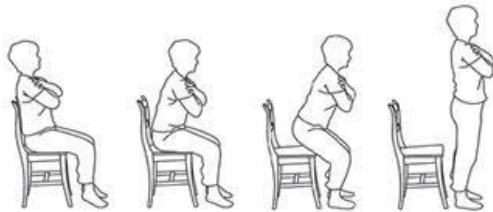
Monday, April 27, 2020

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 hip abductions (each leg).



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

5. Perform 30 inner thigh squeezes.



Place a small pillow or 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.

MINDFULNESS MOMENT

Trying different outlets for creativity can be a way to experience mindfulness. Let's try writing a three-line haiku today. A haiku is structured with a first line of five syllables, a second line of seven syllables, and a third line of five syllables. Try it and share your haiku with a family member or friend.

BRAIN GAME

It's time to work against the clock again! Count backward from 100 by 3s for one minute. Can you do it within the 60 seconds? Now try and count backward from 200 by 4s for two minutes. Could you do it? Share this fun game with another family member or a grandchild—they may enjoy the challenge as well.

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 funniest or most humorous moment you can recall from your life?

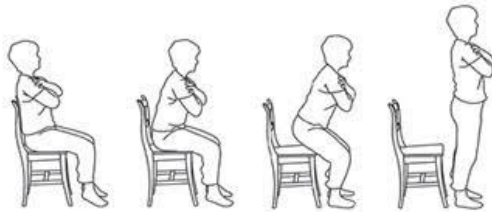
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Wednesday, April 29, 2020

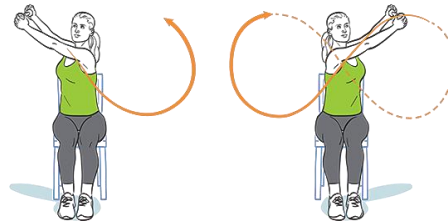
MOVEMENT MOMENT

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 figure 8s.

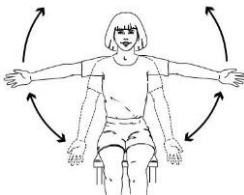


Feet should be shoulder width apart. Knees should be aligned above the ankles. If needed, you may push off the arms of a chair.



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 25 arm waves.
5. Perform 20 seated shoulder rolls.



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



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

MINDFULNESS MOMENT

For our mindfulness moment, let's take time to reflect on others. Practice a random act of kindness today and bring happiness to someone. Is there a way for you to reach out and connect with someone? Telephone someone? Text them, or send them an email? Maybe even mail a letter or card.

BRAIN GAME

It's time to not only challenge your brain, but also your body at the same time. Try using your non-dominant hand to complete some tasks today. Choose three from the following:

- brushing your teeth
- combing your hair
- writing a list
- holding a glass or cup while drinking
- using a utensil while eating

Careful! A couple of these tasks might create a mess! Come up with additional tasks and share your ideas and your outcomes with friends and neighbors.

QUESTION OF THE DAY

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

Where did you grow up? What's a favorite memory from the street you grew up on?

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Friday, May 1, 2020

MOVEMENT MOMENT

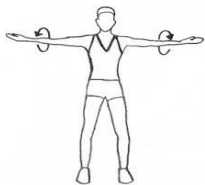
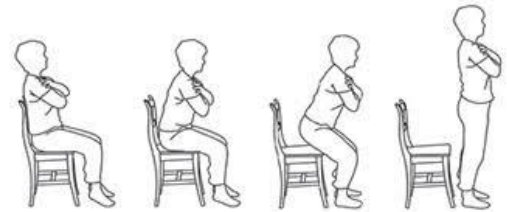
Perform the circuit below four times. Take breaks as needed and drink water throughout.

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



2. Perform 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. Perform 20 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 arm circles. Extend arms out to the sides at shoulder height. For 30 seconds, perform small circles in a forward direction. Then for 30 seconds, perform small circles in a backward direction.

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



CREATIVE ENGAGEMENT

Do you have a spice drawer or cabinet? How do you organize it? Try arranging the containers in a colorful design. Maybe they are in ROYGBIV order (red, orange, yellow, green, blue, indigo, violet). Maybe you want to try and create a picture with how you organize them. Maybe you want to even organize them alphabetically or by expiration date. (No spice drawer? How about a bookshelf?) Creativity is personal and runs the gamut for ideas!

MINDFULNESS MOMENT

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

BRAIN GAME

Do you need some things from the store? Do you ever write a grocery list and know you've forgotten something? Choose the five items you need the most and make up a story using those things. Now see how well you recall those items when you're making your list!

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 a chore you've been doing recently that you strongly dislike? Why? Is there a way to make that chore not so dreadful? Share how.
