

# THE DAILY WELLNESS

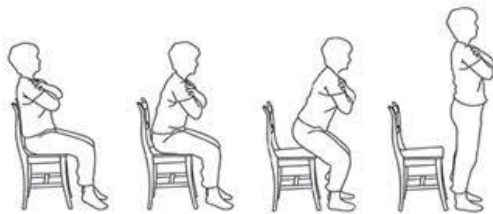
Monday, May 11, 2020

## 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.

## **MINDFULNESS MOMENT**

Turn on a favorite song or piece of music. Sit in a comfortable chair. Close your eyes and listen to the lyrics or the instruments. What parts do you enjoy the most? What parts do you find it easy to get lost in?

## **BRAIN GAME**

Set a timer for two minutes. Write down all the items in your home that start with the letter T. How many did you get?

Let's try another round. Reset the timer for two minutes and write down all the items in your home that start with the letter E. How many did you get?

Reach out to friends and neighbors to learn how they did with this brain game!

## **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 beloved family summertime memory? Write out details of the memory and why it meant so much to you.**

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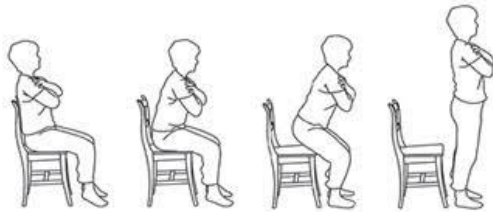
# THE DAILY WELLNESS

Wednesday, May 13, 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 inner thigh squeezes.



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



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.

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 then return to center. Keep toes pointed forward throughout the movement.

## **MINDFULNESS MOMENT**

What brings you a feeling of peace or puts a smile to your face? Take some time to list the people, places, activities, and things that bring you complete joy. Reread your list once a day to embrace that wonderful feeling.

## **BRAIN GAME**

Thinking against the clock is a great way to keep your brain nimble. Set a timer for two minutes and write down as many items you can think of that are the color blue—any shade of blue.

Reset the timer for two minutes and write down as many items you can think of that can fly.

Contact your 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.

**Do you have a favorite artist or piece of art you love? If so, why? What is it that the piece or the artist that resonates with you?**

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# THE DAILY WELLNESS

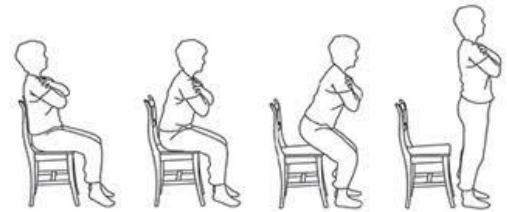
Friday, May 15, 2020

## MOVEMENT MOMENT

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

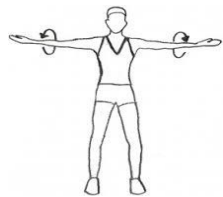
1. March in place for two minutes or walk back and forth across your apartment for two to four minutes.

2. Perform 20 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 wall push-ups. These may be done standing or by pulling a chair up close to the wall to be done seated. 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.

4. Perform 30 standing side leg raises on each leg. These MUST be performed behind a sturdy chair or at a countertop for support. If not comfortable performing, skip this exercise. Raise one leg out to the side in a controlled fashion and then return to center. Keep your toes pointed forward throughout movement.



5. Perform arm circles. Keep your arms at shoulder height. Perform forward arm circles for 60 seconds. Then perform backward arm circles for 60 seconds.

## CREATIVE ENGAGEMENT

Doodle Challenge: On a piece of paper, write your name using different types of fonts and sizes; cursive, printing, all capital letters, add your middle name, make it small, make it large, you name it! Keep repeating this until the piece of paper is full. Take a picture of it with your smartphone if you have one and send to family and friends. Ask your friends and neighbors to share their Doodle Challenge with you.

## 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

Our social connections are critical to our brain health. During this time, staying connected to family and friends via telephone, email, text messages, and services like FaceTime and Zoom are wonderful. What is your preferred way to stay connected? This coming weekend, connect with three people in your life whom you have not spoken to in a few weeks. Call them, text them, write them a letter, or schedule a time to connect via FaceTime or Zoom.

## QUESTION OF THE DAY

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

**Do you have a favorite book? What it is and why is it your favorite?**

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