

THE DAILY WELLNESS

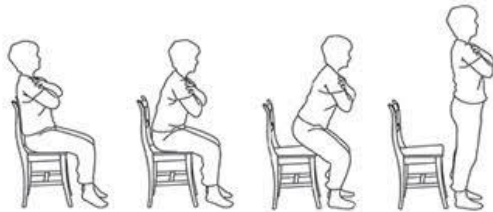
Monday, May 18, 2020

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 then 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

It's time to play against a clock again. Set a timer for two minutes and on a sheet of paper list out as many of the 50 states you can recall. This game often challenges us more than we think it will!

Want an extra challenge? Set a timer for five minutes and see if you can list them alphabetically. Good luck!

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 food? Why? Could you eat it daily?

THE DAILY WELLNESS

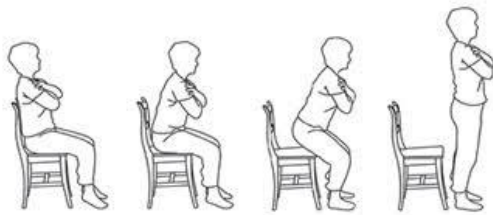
Wednesday, May 20, 2020

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 seated 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 your core. Lift your right foot up a couple inches and move in front of your 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 your 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 and hold for a count of three. Release and repeat.

MINDFULNESS MOMENT

Being creative in various ways can be a way to experience mindfulness. It's time to get extra creative today! Pull out 5 to 10 kitchen items, such as a spatula, pan, spoon, mug, etc. Then spend time arranging the items you've selected into a picture. For example, maybe you create a tree using a pan and multiple utensils. Take a picture of your creation and share it with family and friends.

BRAIN GAME

Using the same kitchen items you used for the Mindfulness Moment above, make a list of new uses for each item beyond what it is intended for. For example, a spatula could be used for leading a marching band, stirring a pot, and even swatting a fly. (Yuck!) Try to list out 10 creative ways to use each item.

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've been a pet owner, detail out a favorite story about one of your pets, or an experience with an animal at someone's house, outdoors, or at a zoo.

THE DAILY WELLNESS

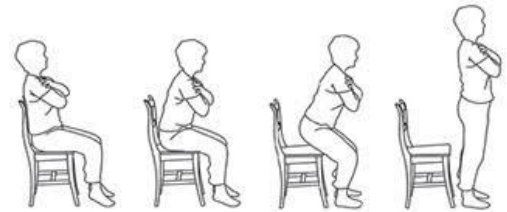
Friday, May 22, 2020

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.

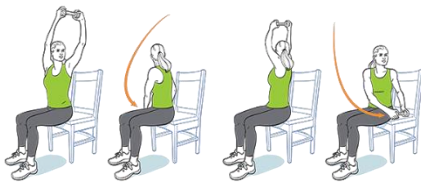
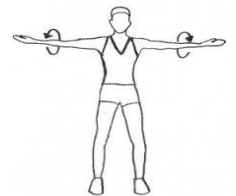
2. Perform 20 sit to stands. Feet should be shoulder width apart. Knees should be aligned above the ankles. If needed, you may push off the arms of a chair.



3. Perform 20 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 your arms at shoulder height. Perform forward arm circles for 30 seconds. Then perform backward 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 your 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.

CREATIVE ENGAGEMENT

Let's create a Magazine Collage Poem. If you have old magazines or newspapers around, cut out *lots* of individual words until you have a pile of words in front of you. Start arranging the words (at random, or intentionally) to create interesting phrases or poems. Take a picture with your smartphone if you have one and share your creation with family and friends!

MINDFULNESS MOMENT

Let's see if we can increase our mindfulness time. Spend 15 minutes connecting with your breath. Yes, 15 minutes! You can do it!

- 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 race against the clock to challenge our processing time. It is MAY! On a piece of paper, write out each letter: M, A, Y. Set a timer for two minutes for each round of this activity. See how many words you can list in two minutes that start with the letter M. Repeat for the letters A and Y. With the pressure of the timer, it can be more challenging than we anticipate. Share how many words you got for each round with friends and compare answers. How did you do?

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 fictional character? If so, who is it and why?
