

# THE DAILY WELLNESS

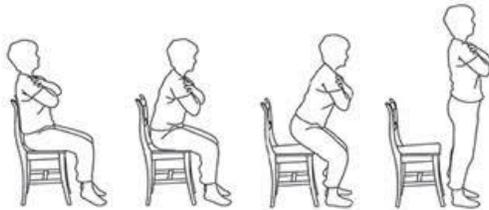
Monday, June 15, 2020

## 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 standing hamstring curls.



Stand behind a **VERY STURDY** chair or countertop. 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.

3. Perform 20 inner thigh squeezes.



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.

5. Perform 30 seated toe raises.



Sit up tall to engage the core. Keep feet flat on the floor and raise your toes, bending at the ankle. Then lower your feet back down.

## MINDFULNESS MOMENT

Let's try the 4-4-8 type of breathing.

- Sit in a comfortable position. You may lie down, but you may be more likely to fall asleep. Close your eyes so you don't get distracted.
- Breathe in through your nose with your mouth closed for a count of four.
- Hold your breath for a count of four.
- Exhale through your nose or mouth for a count of eight.
- Repeat this practice for four minutes, then take a break; *otherwise, you may feel dizzy from holding your breath. Always practice caution!*

## BRAIN GAME

Let's challenge the left side of your brain! See if you can unscramble the words in each category and then select the word that doesn't belong. Answers at the bottom of the page.

### 1. Breeds of dogs

- a. naipels
- b. herdseph
- c. gleabe
- d. karsh
- e. rierret

### 2. Names of Oceans

- a. tictalna
- b. niadin
- c. rictac
- d. revri
- e. ficacip

### 3. Types of Flowers

- a. drigolma
- b. letrut
- c. lutip
- d. peniatu
- e. liovet

## 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 flower, plant, or tree? Why?**

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### Answers for Brain Game

1. Find the word that is not a dog
  - a. Spaniel
  - b. Shepherd
  - c. Beagle
  - d. **Shark – NOT A DOG**
  - e. Terrier
2. Find the word that is not an ocean
  - a. Atlantic
  - b. Indian
  - c. Arctic
  - d. **river – NOT AN OCEAN**
  - e. Pacific
3. Find the word that is not a flower
  - a. marigold
  - b. **turtle – NOT A FLOWER**
  - c. tulip
  - d. petunia
  - e. violet

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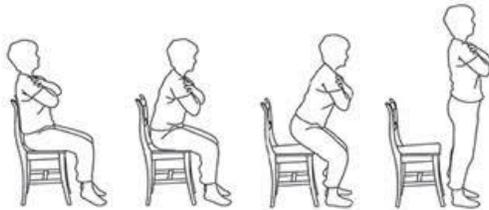
Wednesday, June 17, 2020

## 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.



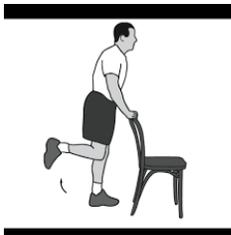
Feet should be shoulder width apart. Knees should be aligned above the ankles. If needed, you may push off the arms of a chair.

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 25 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.

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## BRAIN GAME

Use verbal and visual clues to solve the following brainteasers. Check your answers at the bottom of the page.

1. What common saying is represented by these “big” words?  
*The most tender passions and feelings cause the rotational force propelling this inhabited planet.*
2. Which name does not belong and why?  
*Larry, Kirsty, Jane, David, Amy*
3. What part of London is in France?
4. What state is round on both sides but high in the middle?
5. What’s at the center of the earth?

## 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 or most beloved picture or piece of art? Why?**

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### Answers for Brain Game

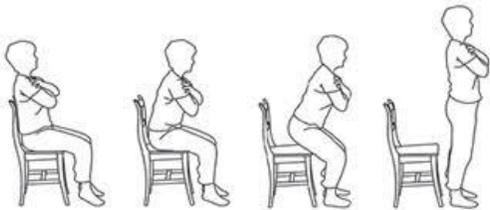
1. Love makes the world go round
2. Kirsty (it does not contain the letter *a*)
3. The letter *n*
4. Ohio
5. The letter *r*

# THE DAILY WELLNESS

Friday, June 19, 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 home for two to four minutes.



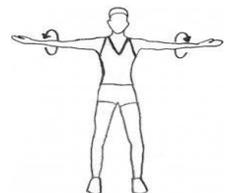
2. Perform 20 sit to stands. Your feet should be shoulder width apart. Your knees should be aligned above the ankles. If needed, you may push off the arms of a chair.

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

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



## CREATIVE ENGAGEMENT

Color Challenge: Locate 10 blue items in your home. Arrange them on a table. Then see how you can position the items together to make a creative design out of your personal items! How does it look? Take a picture with your smartphone or camera. Can you rearrange and make a second or third creation? Let your imagination run wild!

## MINDFULNESS MOMENT

Sit somewhere comfortably and close your eyes. What do you hear? Birds, neighbors, cars? Can you hear your breath?

Open your eyes for a moment. Take a deep breath in and slowly exhale. Close your eyes again and for two minutes sit quietly and listen to your breath. Breathe as you normally would and just be.

## BRAIN GAME

To solve this brainteaser, start with the first clue, which leads to a four-letter word. For the second clue, rearrange the previous word and add the given letter. Continue until you complete all four rows of the puzzle. Answers at the bottom of the page.

Japanese wine \_\_\_\_\_  
Hockey equipment (+T) \_\_\_\_\_  
Red Riding Hood's prop (+B) \_\_\_\_\_  
A hurdle to overcome (+C) \_\_\_\_\_

## 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 film? Why?**

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### Answers for Brain Game

1. Sake
2. Skate
3. Basket
4. Setback