

# THE DAILY WELLNESS

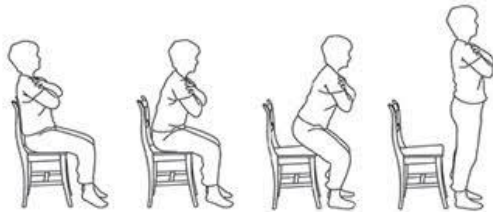
Monday, June 29, 2020

## MOVEMENT MOMENT

Repeat this series of exercise a total of three times.

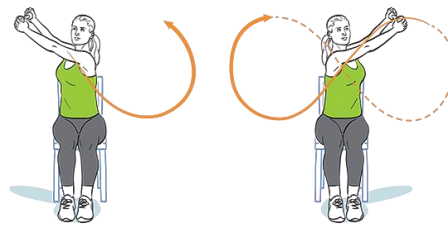
1. March in place or walk back and forth across your apartment for two minutes.

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 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 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

Let's embrace nature as part of today's mindfulness moment. Being connected with nature has plenty of health and wellness benefits. Weather permitting, find a comfortable place outdoors or near a window to sit for 30 minutes. Observe what you see. You may take notes if you'd like. What colors do you observe? What sounds do you hear? What textures are present in what you are observing? What do you feel—the breeze, grass on your feet, warmth of the sun? Does this 30 minutes of nature observation impact you? Do you feel calmer? More centered? Or distracted and uncomfortable? We are all different in how we react to this experience.

## BRAIN GAME

Time to beat the clock again! Working within a time limit forces us to speed up our processing rate. Get a pen and paper, then set a timer for two minutes. List all the items that one could put in a picnic basket for a picnic in a park. How many did you list? Did you get creative with your ideas? Let's do it again, but this time list all the items that one could put in a picnic basket for a picnic at the beach. How many did you list out? Which setting did you get more items for?

## 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 enjoy competitive sports? If so, what is your favorite sport to watch on television or attend in person? Do you have a game or sport you participate in?**

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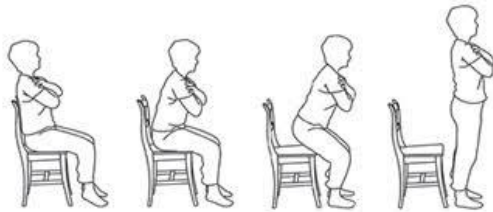
# THE DAILY WELLNESS

Wednesday, July 1, 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.
3. Perform 10 standing hamstring curls behind a chair.



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

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 or standing calf raises.



OR



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

## **MINDFULNESS MOMENT**

Time to embrace nature again for our mindfulness moment. Find an outdoor location, weather permitting, that has grass. Sit in a comfortable chair and place your bare feet in the grass. You also have the option of walking through grass barefoot if you feel comfortable and safe doing this. For 15 minutes, enjoy the feel of grass on your feet. How does it feel? Is it cool? Does it bring a sense of calmness to you? You may enjoy doing this mindfulness moment with a friend, spouse, partner, or family member. Please do so while adhering to social distancing guidelines.

## **BRAIN GAME**

This brain game may be done while performing the Movement Moment. Let's use our brains while engaging in physical activity. You may do this in a variety of ways; count in another language; count by 3s (so to complete 20 repetitions, you would have to count by 3 up to 60); start your count at 20 and count backwards; or count with letters (1 = A, 2 = B, 3 = C; and so forth). Do any of these methods challenge you? Is one easier than others? Do you find yourself focusing on the counting and not the actual exercise?

## **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 as a teenage or young adult when, for the first time, you were permitted some freedom or independence from parents, family members, or supervisors. What was the experience? Did you follow the provided expectations or did you “break rules”? Do you recall identifying this as a time of growing and maturing?**

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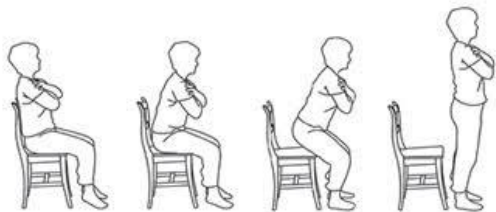
Friday, July 3, 2020

## MOVEMENT MOMENT

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

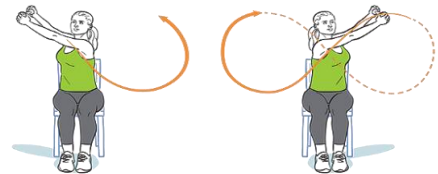
1. March in place for two minutes or walk back and forth across your apartment for two minutes.

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. 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.

4. Perform 20 figure 8s. Sit tall in a chair to engage your core. Bring your wrists together and raise both arms up above your left shoulder. Keeping the arms together, lower to your right hip, bring up to your right shoulder, and then down to your left hip. Follow a figure 8 pattern. Continue to repeat, and switch direction after 10.



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

## CREATIVE ENGAGEMENT

Doodle Challenge: Cover a page with circles of all different sizes. Turn each circle into a different animal. What animals did you create? What expression is on their faces? Are they simple with smiles? Are they drawn with detail? Did you envision pets or animals you've seen in person when making into different animals? Take a picture of your creation 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

Let's spend 15 to 20 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

Time to challenge your brain again with recall and creativity! Set a timer for two minutes and write down all the songs you can think of that have the word "summer" in the title. How many did you get?

## 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 be an animal, which would it be and why?**

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