

# THE DAILY WELLNESS

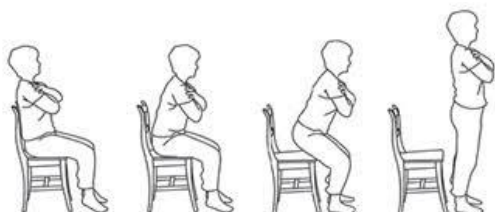
Monday, June 8, 2020

## MOVEMENT MOMENT

Repeat this series of exercise a total of three times.

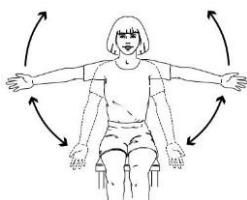
1. March in place or walk back and forth across your apartment for two minutes.

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 arm waves.



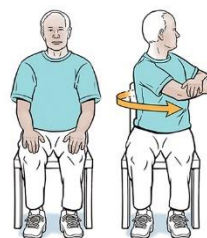
Begin with arms down by your sides  
with palms facing outward. With arms  
fully extended, move arms up above  
your head and then lower back down.  
Perform in a controlled manner.

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 12 seated rotations (6 each side).



Sit up tall and cross your arms in front of  
your body. Slowly rotate your body to one  
side. Return to center and then slowly rotate  
to the other side. Repeat.

## MINDFULNESS MOMENT

Read the haiku poem below. Sit quietly and reflect on the words.

### Spring's Way

By Patricia L. Cisco

(Source: [www.familyfriendpoems.com/poem/springs-way](http://www.familyfriendpoems.com/poem/springs-way))

Winter fights to stay.  
Sweet Spring always wins her way.  
Flowers bloomed today!

Spring has final say,  
Sending Winter on his way.  
Her true love is May!

Spring's June wedding day.  
White lily and rose bouquet.  
Bells ring out today!

## BRAIN GAME

Rhymes are forms of verbalization that help us store and recall names better. For each first name listed below, create a name rhyme.

Name	Rhyme	Name	Rhyme
Dan	Dan the Man		
Heather	_____	Molly	_____
Tim	_____	Phil	_____
Mark	_____	Louie	_____

## QUESTION OF THE DAY

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

**What is your favorite ice cream flavor? Does it bring up happy memories?**



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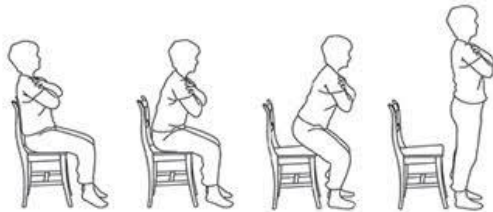
Wednesday, June 10, 2020

## 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

Being creative in various ways can be a way to experience mindfulness. Let's try writing a three-line haiku again. A haiku is structured the following way; first line 5 syllables; second line 7 syllables; and third line 5 syllables. Share your finished poem with a family member or friend.

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## BRAIN GAME

An alliteration can use a descriptive adjective that begins with the same first letter of a person's first name. These forms of verbalization can help you store and recall names better. For each first name listed below, create an alliteration. It is helpful if the adjective correlates to some memorable aspect of the person's physical features or personality.

Name	Alliteration	Name	Alliteration
Dan	Dapper Dan		
Heather	_____	Molly	_____
Tim	_____	Phil	_____
Mark	_____	Louie	_____

## QUESTION OF THE DAY

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

**When do you typically rise in the morning? Do you have a morning routine you follow most days? What part of that routine do you enjoy most?**

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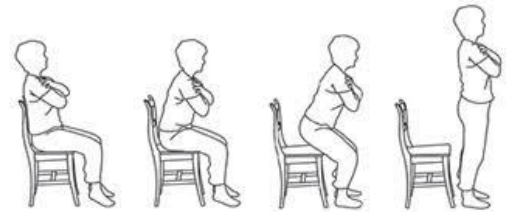
Friday, June 12, 2020

## MOVEMENT MOMENT

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

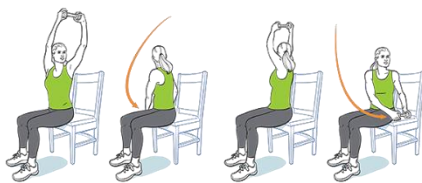
1. March in place for two minutes or walk back and forth across your apartment for two to four minutes.

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 25 seated chest flies. Form a goalpost with your arms: Keep your upper arms (shoulders to elbows) parallel to the floor and your lower arms (elbows to hands) perpendicular to it. Bring your forearms together in front of your face. Return your arms to the starting point, squeezing your shoulder blades together, and repeat.



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 the 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 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

Visualize a Dream Vacation. Get a piece of paper and write a description of your dream vacation—or even local day trip you’ve always wanted to take. Use adjectives, list out locations to visit during the trip, meals to eat, pictures you take, people you meet along the way, and anything else you’d like to capture. Make it as descriptive as possible! For extra enhancement to this experience, add pictures of this destination from magazines or the internet.

## MINDFULNESS MOMENT

This weekend, really watch the sunrise or the sunset. Watch it from any window in your home or outdoors appropriately social distanced from others. Notice how the sky shifts and the colors change. What catches your eye first? Or the most? Do you find this time calming?

## BRAIN GAME

This week we worked on rhyming and alliteration to help recall names better. Can you think people whose names you would like to recall more easily? List them out and come up with rhymes and alliteration to go with each one.

Name	Rhyme	Alliteration
_____	_____	_____
_____	_____	_____
_____	_____	_____

## QUESTION OF THE DAY

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

**Over the years, what has been your favorite subject or topic to learn about? Why was it so interesting or intriguing to you? Have you applied that information or knowledge? How?**

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