

# THE DAILY WELLNESS

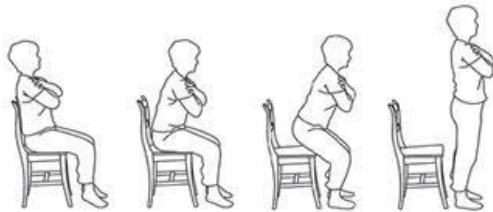
Monday, August 10, 2020

## 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 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 your 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. We know how valuable adopting a gratitude practice can be for our mental outlook. Write down three things you are grateful for today.

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## **BRAIN GAME**

As we've done several times in recent months, we'll race against the clock to keep our mind nimble and help with our ability to recall. Set a timer for two minutes and, on a sheet of paper, list out as many college or university names as possible.

How many did you get? Reset the timer. How many college or university mascots or team names can you list? 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.

**Do you collect anything? If so, what is it? What draws you to collect this item/s?**

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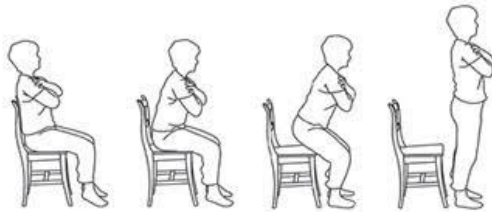
# THE DAILY WELLNESS

Wednesday, August 12, 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 20 seated jumping jacks.



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



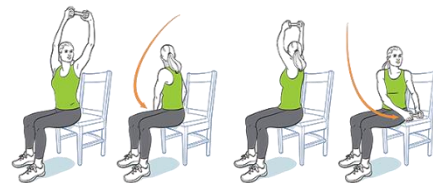
Start with knees bent and arms resting at your sides. Extend your legs, straight and wide, with heels on the floor, and raise your arms in a V. Then bring your limbs back to the center.

4. Perform 20 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 lower together across the body to your left hip. Allow your body to twist at the torso to your follow 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 left shoulder to right hip.

## MINDFULNESS MOMENT

Today we are going to shift our breathing exercise. We will spend 5 minutes connecting with our breath, but this time we will only breathe through our nose.

- Sit comfortably, with eyes closed or open (up to you) and hands resting lightly on your belly.
- Slowly breathe in through your nose while keeping your mouth closed.
- Then slowly exhale through your nose.
- How does this differ for you? Is it harder? Did this exercise make you realize how often we breathe through our mouth?

## BRAIN GAME

For today's brain game, select something to read and just enjoy—ideally for up to half an hour. Are you waiting for the catch? The challenge? Today, let's read for pleasure. Getting lost in a book, story, or article provides mindful benefits while also challenging the brain in regard to comprehension and recall.

## 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 favorite flower? Bird? Nature scene? What is it? Why? Is it the colors? Sound it makes (bird)? Location (nature scene)? What are the details you appreciate?**

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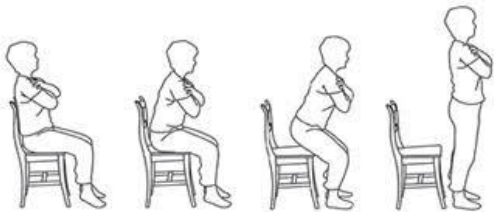
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# THE DAILY WELLNESS

Friday, August 14, 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.



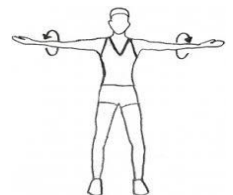
2. Perform 20 sit to stands. Your feet should be shoulder width apart. Your knees should be aligned above the ankles. If needed, you may push off the arms of a chair.

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: Do you have magazine, newspapers, or catalogs lying around? If so, gather a few, along with a spare piece of paper and a pair of scissors. Select a favorite color, and cut out items in various shades of that color. Then arrange your clippings on the paper or in a design. This exercise supports our creative side, while also being a mindful activity by having a specific focus.

## MINDFULNESS MOMENT

Let's do a different spin on our gratitude exercise. On a piece of paper, write down the name of 10 people you know well, including family, friends, staff, neighbors, etc. Next to each name, write down something you appreciate about the person. If you would like to take this exercise one step further, reach out to them and share why you appreciate them. A smile for you and a smile for them!

## BRAIN GAME

We have discussed before how critical social connections are to our brain health as well as our overall well-being. Let's make a concerted effort to connect with three people this weekend. Can you meet someone outside and catch up while physically distancing? Who is someone you may connect with via a visit or phone call? When is the last time you connected? Did you learn of things going on their life that you were unaware of? Did you enjoy this time of catching up?

## QUESTION OF THE DAY

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

**When is the last time you had a really good laugh? What happened? What triggered this moment?**

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