

THE DAILY WELLNESS

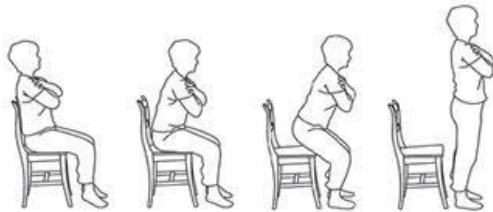
Monday, August 3, 2020

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. As a reminder, practicing gratitude helps “rewire our brain” to the positive and reduce anxiety, improve sleep, and enhance our overall outlook. Write down three things you are grateful for today.

BRAIN GAME

Select a program to watch or stream on television or a computer. Could be a beloved program, a new documentary, and or a Chautauqua Assembly program. What program did you view? What are three main messages and takeaways you recall from the program. Write them down. Share with a family member or friend.

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 “perfect” meal? What food items does it include? What kind of beverages? Dessert? Who is in attendance with you? Where is this meal?

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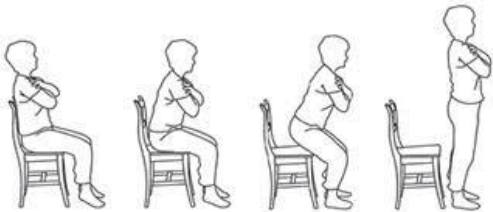
Wednesday, August 5, 2020

MOVEMENT MOMENT

Repeat this series of exercise a total of three times.

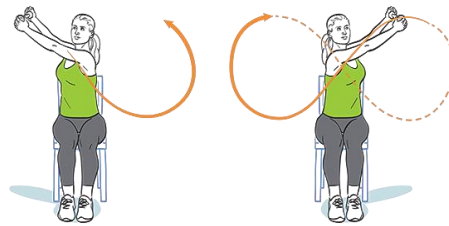
1. March in place or walk back and forth across your apartment for two minutes.

2. Perform 20 sit-to-stands.



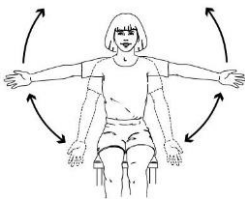
Feet should be shoulder-width apart. Knees should be aligned above the ankles. If needed, you may push off the arms of a chair

3. Perform 25 figure 8s.



Sit tall in the chair to engage your core. Bring your wrists together and raise both arms up above your left shoulder. Keeping 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. Switch direction after 10 figure 8s.

4. Perform 25 arm waves.



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

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 participate in another mindful meal. Practicing mindfulness as we eat can build sustained attention—an intellectual skill that's critical to memory. It also puts us more in touch with our body's physical and emotional cues.

HOW TO EAT MINDFULLY:

- Sit tall. Breathe deeply and relax.
- Think about where the food came from and how you feel about it.
- Use your senses. Smell the food and look at the colors as you prepare to eat it.
- With each bite, focus on how the food feels and tastes.
- Be grateful with each bite.
- For an added challenge complete this mindful activity in silence even if dining with others.

How did this mindful meal make you feel? Did you notice a shift from the previous time we practiced mindful eating? Do you find this was not as challenging, since we have been participating in a variety of mindful activities the past few months?

BRAIN GAME

We are going to challenge the brain and body at the same time by using the non-dominant hand to complete three tasks today. Wash a dish, using your non-dominant hand to scrub and rinse. Remove a pair of socks using your non-dominant hand. Write a three-sentence note. . . yep, using your non-dominant hand! It can be a note to yourself reminding you of tasks, or a fun note to a friend. These types of activities force our brain and body to work differently and thus can improve neural connections in the brain.

QUESTION OF THE DAY

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

Describe a time you received a haircut that you were not pleased with. What happened? Too short? Wrong style? Crazy color?

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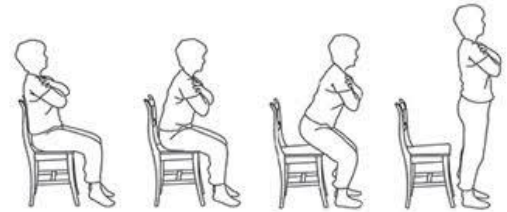
Friday, August 7, 2020

MOVEMENT MOMENT

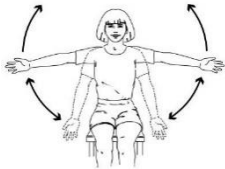
Perform the circuit below four times. Take breaks as needed and drink water throughout.

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

2. Perform 20 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. March in place for two minutes or walk across your apartment back and forth for two to four minutes



4. Perform 20 arm waves. Begin with arms down by your sides and palms facing outwards. With arms fully extended, move arms upwards above your head and then lower back down. Perform in a controlled manner.

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

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



CREATIVE ENGAGEMENT

Creative Recall. Grab a piece of paper and a pencil, pen, colored pencils, markers, etc. To the best of your abilities, draw a favorite nature scene from personal travel or a photograph you appreciate. Does this activity bring up enjoyable memories or positive feelings?

MINDFULNESS MOMENT

We've done many breathing exercises throughout our Wellness Dailies. Today, let's focus on nasal breathing. Often, when we take a deep breath, we breathe in and out through our mouth. For three minutes today, let's focus on slow, long breaths in and out of the nose. Nasal breathing can support decreasing resting heart rates and systolic blood pressure.

BRAIN GAME

Laughter is good for our overall health, including the brain. Let's do a joke exchange this weekend. Do you have a favorite joke? Reach out to three people to share your joke and ask them to share one with you. Did you laugh? Did you groan? Were they silly? Gut-wrenching? The process alone could produce some good laughs for you!

QUESTION OF THE DAY

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

Find a favorite photograph in your home that you can observe for a few minutes? Look at this picture. What emotions does it bring up? What was happening in the photo? Why was it taken? What makes this photo one of your favorites?
