

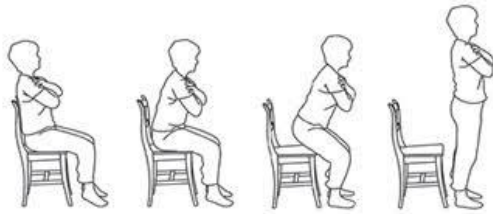
THE DAILY WELLNESS

Monday, July 13, 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.



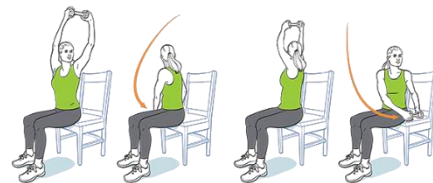
Start with knees bent and arms resting at your
sides. Extend your legs, straight and wide,
with heels on the floor, and raise your arms in
a V. Then bring your limbs back to the center.

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

Let's go for the gusto today and spend 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

Set the timer for two minutes and see how many words you can make from the letters in the following words. Then try again with the other two phrases. Call or text your friends and neighbors and compare your answers.

SUMMERTIME

BASEBALL GAME

LAP SWIMMING

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 recall a time when you afraid to try a new food? What was the food? Why were you apprehensive? Did you try it? Were you surprised? Did you like it? Was it as awful as you thought?
