

THE DAILY WELLNESS

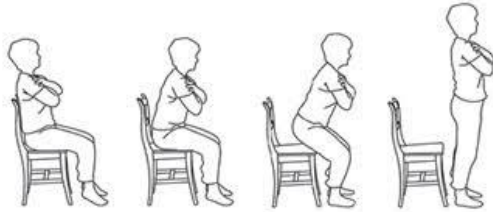
Monday, July 27, 2020

MOVEMENT MOMENT

Repeat this series of exercise a total of three times.

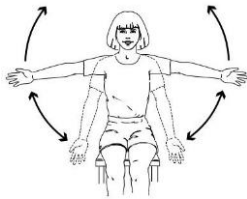
1. March in place or walk back and forth across your apartment for two minutes.

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.



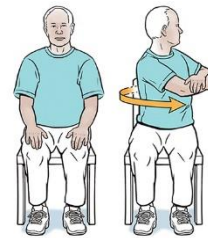
Begin with arms down by your sides
with palms facing outward. With arms
fully extended, move arms up above
your head and then lower back down.
Perform in a controlled manner.

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 acrostic poem below. Sit quietly and reflect upon the words.

Friends

By John P. Read

(Source: <https://www.familyfriendpoems.com/poem/friends-101>)

F- Friends are precious gifts
R- Rare and hard to find
I- Invisible when life is good
E- Ever near when your sun doesn't shine
N- Nothing is ever too much
D- Distance never too far
S- Standing by your side when your dreams have passed you by.

BRAIN GAME

Let's practice rhyming again to help with name recall of new acquaintances and friends. 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		
Paul	_____	Chris	_____
Tom	_____	Mike	_____
Hank	_____	Kelly	_____

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 summer beverage? What kind of memories does it bring up?

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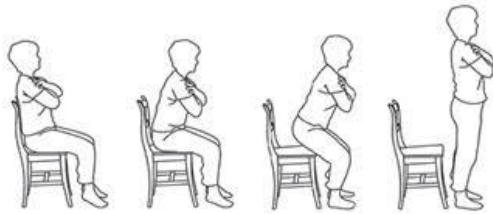
Wednesday, July 29, 2020

MOVEMENT MOMENT

Repeat this series of exercise a total of three times.

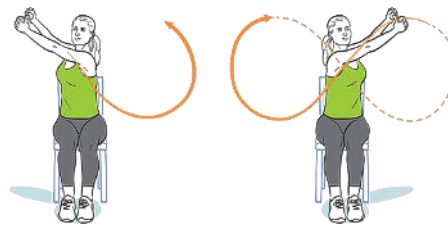
1. March in place or walk back and forth across your apartment for two minutes.

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 many health and wellness benefits. Weather permitting, find a comfortable place to sit for 15 to 20 minutes. Let's practice our mindful breathing while outdoors. With your hands in your lap, breathe slowly in and out through the nose. Your eyes may be closed or open and focusing on something around you. Focus on the slow breaths in and out of the nose. Enjoy this time centering and being in nature.

BRAIN GAME

Let's work on our focused recall today. Set a timer for 60 seconds. Open your pantry and review the contents. When the timer goes off, write down as many things as possible you can recall. How many items did you recall accurately? Wait 10 minutes and perform the exercise again. How many did you get the second time? Did you leave anything off your second list you had on the first list?

QUESTION OF THE DAY

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

How do you define love?

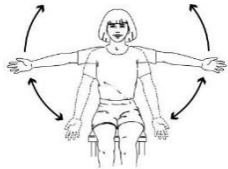
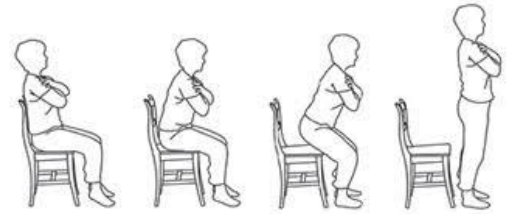
THE DAILY WELLNESS

Friday, July 31, 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

Arranging or moving items around in home and give a fresh look and bring about new perspective, which can open us up for creativity. Do you have shelves with décor or framed photographs? Remove them and put them back in a new arrangement. How does that look? How does it make you feel? Do you feel a sense of new energy by seeing familiar items in a new way?

MINDFULNESS MOMENT

Practicing gratitude has enormous benefits for the mind and the body over time. Write out a sentence of gratitude in regard to this moment.

BRAIN GAME

Thinking against the clock is a great way to keep your brain nimble. Set a 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 words. Call or text your friends and neighbors and compare your answers.

EVANSTON

TUCSON

WILMETTE

QUESTION OF THE DAY

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

If you could LIVE in a book, TV show, or movie, what would it be and why?