

## Weekly Wellness (April 20-24, 2020)

### **Mental Fitness:**

Practice Meditation and/or mindfulness	Get outside to sit, exercise or play in the fresh air and sunlight	Cook (or help cook) a healthy meal for your family	Work on a jigsaw puzzle with a family member	Go for a walk with a family member or a pet
Play (or learn to play) a musical instrument. There are many tutorials available on YouTube.	Go out after dark to look at the stars (Check out Mr. Mailliet's page on the CMS Website for info).	Find a comfy spot and daydream about something you'd like to do or somewhere you'd like to be.	After you wake up in the morning, say a couple of positive things about yourself.	Spend time dancing to some of your favourite songs - like nobody is watching.

### **Physical Fitness:**

A few Ideas for **outdoor Physical Activity** (*while maintaining social distancing*)

- Go for a walk with a family member or with a pet.
- Go for a bike ride or a jog around the block.
- Jump rope / hula hoop out in the driveway.
- Play catch with a family member.
- Perform a series of balancing stunts:
  - Balance on one leg for 30-60 seconds.
  - Balance on one leg and close your eyes for 30-60 seconds.
  - Balance an object on your head for 30-60 seconds.
  - Perform a balance using one hand and one foot for 30-60 seconds.

A few ideas for **indoor Physical Activity** (click the links below)

- **The Fitness Marshall:** <https://bit.ly/3bkkZar> Looking to stay active but not interested in "working out". Look no further than The Fitness Marshall and his upbeat Kid-Friendly Dance Workout - Fun for the whole family.
- **Yoga with Adrienne:** <https://bit.ly/2RJ2R27> A library of free yoga videos ranging in length from 10 minutes to 45 minutes. This channel has videos for Beginners as well for those looking to work up a sweat ("Yoga for Weight Loss" or "Total Body Yoga")
- **Darebee:** Fitness blueprints, no-equipment visual workouts, fitness programs and challenges, training and running tips, recipes and nutrition advice.
  - Choose from 1400+ workouts <https://darebee.com/workouts>
  - Follow a program <https://darebee.com/programs>
  - Try a 30-Day Challenge <https://darebee.com/challenges>