



"Work from Home"

Wellness Initiative Newsletter

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Feeling stuck in a rut at home? Unsure of how to balance all the new changes life has thrown your way? This newsletter is aimed at making "work from home" work for you! Find important information and fun activities as you read this section regarding physical activity.



Spotlight

Physical Wellness

- ❖ During these new and uncertain times, the following guide is a way to help re-establish a physical routine for you and your family while at home
- ❖ The importance of physical activity is vital to the well-being of all ages, affecting mental health as well

- ❖ Whether or not you have children at home, aim to participate in at least four days of physical activity per week, either at home or outside while practicing safe social distancing measures

- ❖ Although your main focus right now may be your own work and schooling your children, it is important to take a step back and reflect on what is truly important right now. Taking time to move your body will prove to be vital to your wellbeing, as it always has been

What does the U.S. Department of Health and Human Services say about Physical Activity?

MOVE YOUR WAY Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity*
Anything that gets your heart beating faster counts.

at least **150 minutes a week**

AND

Muscle-strengthening activity
Do activities that make your muscles work harder than usual.

at least **2 days a week**

* If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week.

If that's more than you can do right now, **do what you can**. Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. What's your move?

ADULTS



CHILDREN



95% of Canadian Kids DON'T GET ENOUGH PHYSICAL ACTIVITY.

5-17 year olds should get at least

60 MINUTES OF MODERATE-TO-VIGOROUS

PHYSICAL ACTIVITY EVERYDAY!

Encourage kids to:

RUN WALK

BIKE



Source: Active Healthy Kids Canada (2013). Are We Driving our Kids to Unhealthy Habits?

Rainbow Yoga

An all ages practice, to help turn darkness to light

Above is an easy and fun video by the well-known YouTube yoga expert, Adriene. Her videos are simple and promote positivity for all ages. She currently runs a channel with thousands of videos of different varieties.

Helpful Tip: Try and clear out your living room as best you can and lay a blanket down if you do not have a yoga mat. Creating a more peaceful feeling space will enhance the relaxing effects that yoga provides.



Cardio & Strength

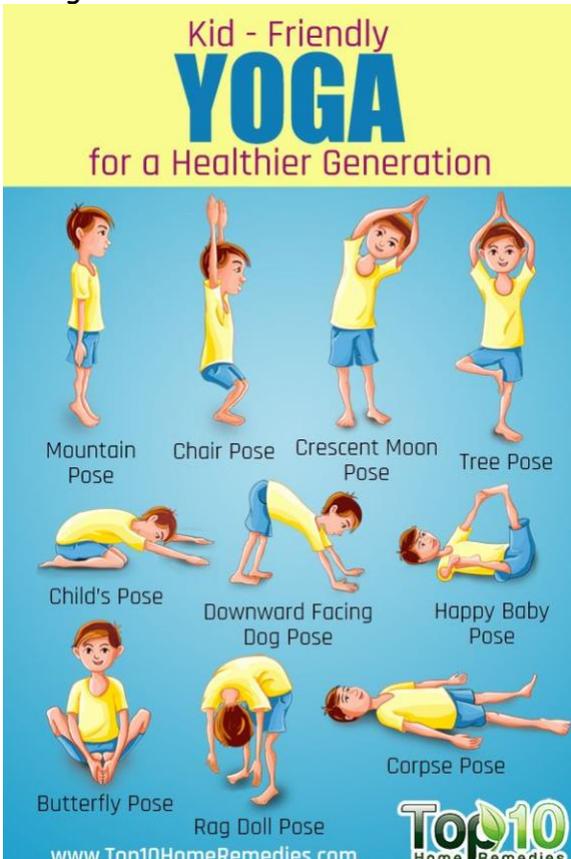
30-minute energy buster

Linked above is a half hour of fun movement incorporating both cardio and strengthening movements alike. This is a great option for taking a break in the middle of the day to burn off some energy and reset your body and mind. Production provided by "Jumping Jax Gym."

Helpful Tips: If you have a Smart TV, access YouTube there for a larger viewing screen

Non-Electronic Alternative:

Go through these motions 3x each while holding each pose for 30s or the best that you can do. Play some relaxing music in the background!



Things to consider:

- ❖ On days where you can get outside, go for a walk, run or bike ride to get your exercise minutes in
- ❖ Don't have time for your full minutes today? No worries! Any movement is better than no movement at all, even if it means a quick walk around the block or 50 jumping jacks
- ❖ Remember, not every day is going to be perfect, don't put too much pressure on yourself- it's okay if all you did today was make it through, there is a light at the end of this tunnel

Non-Electronic Alternative:

Everyone does the exercises for each letter of their name. To make it even harder, try your last name too!



