“Stay Home, Stay Safe”

Arizona is still under Governor Ducey’s “Stay Home, Stay Safe” order. This order was extended indefinitely in order to slow the spread of Covid-19.

Make sure you are taking all the proper precautions when needing to go out and talking with your supervisors about if and when you it is safe to return to work.

The TO Nation is under the same order of staying at home and staying safe. The order does say outdoor activity is permissible so long as physical distancing measure are in place.

What you’ll find:

Covid 19 - Reminders P.1
Monday & Tuesday P.2
Wednesday & Thursday P.3
Friday P.4
DAILY BOOST PODCAST

Start your morning and your week off right by listening to “The Daily Boost” Podcast. It can be found on any podcast apps so you can listen right from your phone. It only takes about 15 min to get your head right and you ready for the week.

GRATITUDE JOURNAL

Using a gratitude journal can put you in the right frame of mind to start your day. It is also a great way to reflect on the day that you’ve had and how you made it great and how you could have made it better. This is a great mental exercise to be honest with yourself and get things going in the right direction right from the start! This is an example of one that you can use but you can buy full journals from amazon and most retail book sellers.

LISTEN TO “HAPPINESS STARTS TODAY” FROM THE DAILY BOOST


Kick off your TOCC Wellness Experience by listening to The Daily Boost Podcast. Start your week with tips on how to keep track of the big picture and where you are heading during these tough times.

TOCC Wellness Gratitude Journal

Date:__/__/__

Morning Journal:

Today, I am grateful for:

________________________________________

________________________________________

How will I make today awesome?

________________________________________

________________________________________

Positive affirmations:

________________________________________

________________________________________

What will I accomplish today?

________________________________________

________________________________________

Evening Journal:

Today's amazing moments were:

________________________________________

________________________________________

How could I have made this day even better?

________________________________________

________________________________________

Whose day can I brighten tomorrow?

________________________________________

________________________________________

Game plan for Tomorrow:

________________________________________

________________________________________

I am currently feeling: 😊😊😊
ZOOM MEETING

TOPIC

Adjusting to the new school year. Online school tips to have a good semester!

TAKE A NAP!!!

There are numerous advantages to sleep. Better cognitive performance, better physical health (helps with recovery & weight control) & it's better for mental health. It can lower your stress and keep you in a good mood all day. Make sure you get the recommended 7-9 hours of sleep at night. Take a 20 min power nap to feel refreshed throughout the day.

Click the link below to join the Wellness presentation:

meet.google.com/xzm-qvyg-oec

THE POWER OF SLEEP

Sleep is vital to health and function, especially among student athletes who need to be at top performance physically and mentally.

SLEEP IMPACTS

COGNITIVE PERFORMANCE:
- Learning and memory: During sleep, the mind will filter, sort, evaluate, consolidate and integrate information taken in during the day.
- Decision-making: Sleep loss impairs the ability to make decisions and clouds one’s judgment so they don’t know they're making impaired decisions.
- Vigilance and alertness: When sleep deprived, a person's ability to focus and maintain attention is hindered. As with decision-making, a sleep-deprived person is typically unaware of their own impairment.

SLEEP IMPACTS MENTAL HEALTH:
- Stress and anxiety: The body’s ability to appropriately control stress and emotions depends on sleep to maintain proper function and without it, the body is less able to process stressful events and is more emotionally out of control.
- Mood and depression: Several functions of sleep involve processing and regulating emotions, thus depression and lack of sleep closely together.

SLEEP IMPACTS PHYSICAL HEALTH:
- Healing and recovery: Cells grow, repair and rebuild during sleep, making it essential to athletic performance and injury prevention.
- Metabolism: Sleep controls insulin and glucose functioning, secretion of metabolic hormones and the way fat and muscle cells use and store energy.
- Muscle growth: The healing that takes place during sleep is essential to muscle growth. The human growth hormone is also controlled by sleep.
- Weight control: Poor quality sleep, short sleep durations and sleep that is uncoordinated with internal rhythms can lead to weight gain and obesity—especially in adolescents and young adults who require more sleep.

INSUFFICIENT SLEEP AND STUDENT ATHLETES

Most college-aged student athletes experience four nights of insufficient sleep per week on average.

One-third of college-aged student athletes get fewer than seven hours of sleep per night. This rate is higher among female athletes.

Sleep deprivation among college-aged student athletes is often attributed to: frequent travel for competitions; uncomfortable sleeping arrangements; stress; the challenge of balancing athletics, academics and student life; and sleep disorders such as insomnia and sleep apnea.

ARE YOU STRUGGLING TO SLEEP?

Eight hours is the recommended amount of sleep for someone age 17 to 22 for optimal health and function. One way to get better sleep is to create the ideal sleep environment. Which is cool, dark and comfortable. Remove any distractions, such as electronics, bright lights and noise.

Contact your medical provider if you’re experiencing problems sleeping or if you think you have a sleep disorder.
**FRIDAY WORKOUT**

Make sure you are properly hydrating before, during & after the workout.

- Pre workout = 20oz of water
- During workout = gatorade
- Post workout = water w/ electrolytes & some for of protein (Peanut butter, protein shake, etc)

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**Fitness Friday**

**Complete 2 Rounds of Each Circuit**

**Warm up before: 5 min**
- Stretch
- Jumping jacks
- Big Arm Circles

**Circuit ONE – All 4 exercises 1 min each, 10 sec rest**
- 4 Push ups + 8 Mountain climbers
- 5 Squats + 5 Calf raises
- 4 Sit ups + 10 russian twists
- 6 Alternating forward lunges + 6 Alternating side lunges

- Rest 1 min before round 2
- Rest 2 min before starting Circuit 2

**Circuit TWO – All 4 exercises 1 min each, 10 sec rest**
- 5 crunches + 5 leg lifts
- 4 jump squats + 4 drop squats
- 4 plank taps (tap shoulder w/ opposite hand) + 4 cross mountain climbers (knee to opposite elbow)
- 6 Alternating reverse lunges + 6 Drop lunges

Total Workout Time: 20 min

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**GREAT JOB ON YOUR FIRST WELLNESS WEEK!**