



"Stay Home, Stay Safe"

Arizona is beginning to open up with movie theaters, restaurants and some schools headed back in person. It is in this time that we take extra care of ourselves and each other.

TOCC Times

Fall Break

What you'll find:

Covid 19 - Reminders **P.1**

Mon, Tues, Wed **P.2**

Thurs **P.3**

Fri **P.4**

Avoid the Three Cs

Be aware of different levels of risk in different settings.



There are certain places where COVID-19 spreads more easily:



Crowded places

with many people nearby



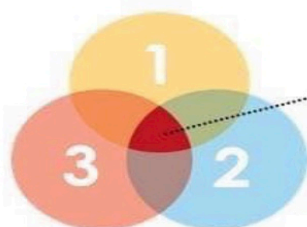
Close-contact settings

Especially where people have close-range conversations



Confined and enclosed spaces

with poor ventilation



The risk is higher in places where these factors overlap.

Even as restrictions are lifted, consider where you are going and #StaySafe by avoiding the Three Cs.

WHAT SHOULD YOU DO?



Avoid crowded places and limit time in enclosed spaces



Maintain at least 1m distance from others



When possible, open windows and doors for ventilation



Keep hands clean and cover coughs and sneezes



Wear a mask if requested or if physical distancing is not possible

If you are unwell, stay home unless to seek urgent medical care.

Motivation Monday

During Fall Break we will focus on health, rest and recovery! Start your week off by listening to TedTalks Health. "Why sleep matters now more than ever!"

TRY IT TUESDAY

Today is World Heart Day, so get out and try an aerobic exercise. Aerobic exercises are good for getting your heart pumping. Doctors at John Hopkins recommend 150 minutes per week (just 20 min per day)

WELLNESS WEDNESDAY

Listen to an interview with Dr. Bitner on what National Women's Health and Fitness Day is and what it can mean for you! Then take part in a 30 min body weight exercise.

MOTIVATION MONDAY

During Fall Break we are focusing on health, rest & recovery

Listen to TedHealth Podcasts –
"Why sleep matters now more than ever!"

<https://podcasts.apple.com/us/podcast/tedtalks-health/id470623173?i=1000475210453>

TRY IT TUESDAY

World Heart Day

Get out and try some aerobic exercises

Pick one from the list below

- 20 min brisk walk
- 20 min bike ride
- 20 min of swimming
- 20 min of jumping rope
- 20 min of playing a sport (tennis, basketball, soccer, ect)

WELLNESS WEDNESDAY

National Women's Health & Fitness Day

<https://youtu.be/Z5ANV60Hqiw>

Low Impact 30 min workout

<https://youtu.be/MiJ2OtqhJGw>

THERAPUTIC THURSDAY

Rest and Recovery 101

"Sleep is the golden chain that ties health and our bodies together."

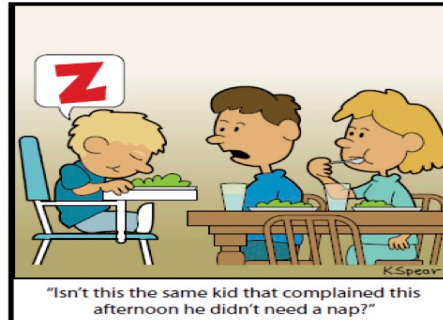
~Thomas Dekker

The Importance of Rest and Recovery

Understanding the significance of adequate recovery and sleep time, and the relationship between rest and overall health and well-being is very important. When we don't get enough sleep, our body goes into a state of stress.

The increased release of stress hormones raises the level of inflammation in the body and causes a rise in blood pressure.

If rest and sleep deficits persist over time, we become more vulnerable to various chronic diseases. Sleep deprivation has been linked to increased risk of obesity, heart disease, cancer, inflammation, and mental disorders.



When our body does not get adequate time for rest and recovery, we can develop a sleep deficit that is very difficult to recover from.

Rest and Recovery 101

Rest and Recovery Strategies

If you are not getting good rest, here are a few strategies that you should consider:

- Make sure that your bed is big enough and comfortable for you.
- Invest in the best when it comes to your mattress and pillow; you deserve it.
- Keep your bedroom quiet, dark, and on the cool side.
- If at all possible, go to bed and wake up at the same time every day.
- Make up for lost sleep with a daytime nap.
- Consider eliminating caffeine after lunch and reducing your overall intake.
- Avoid exercise before bedtime—it's a stimulant that can make it hard to sleep.
- Alcohol and smoking before bedtime reduces sleep quality.

THINK PREVENTION!



Prevention is always better than treatment!
Getting an adequate amount of rest and recovery is a proactive strategy to live longer and stay well.

THERAPUTIC THURSDAY

Rest and Recovery 101.

Make sure that your body is getting plenty of rest so that it can recover properly.

Balance is so important in your health and wellness journey!!



Fitness Friday

Do this 30 min bodyweight workout!

FITNESS FRIDAY

Bodyweight Tabata Workout

*Alternate between 20 seconds of high intensity and 10 seconds of rest for 4 min!

- 1) Burpee (4min)
- 2) Squats (4min)
- 3) Side Lunge (4min)
- 4) Reverse Lunge (4min)
- 5) Mountain Climber (4min)
- 6) Scissor Kicks (4min)
- 7) Spiderman plank (4min)



GREAT JOB ON YOUR WELLNESS WEEK!