ISSUE

Weekly Wellness **Programming**

"Stay Home, Stay Safe"

With cold and flu season upon us, it is important that we remain as safe as possible when it comes to the spread of covid. We need to make sure that we continue to take precautions to stop the spread. As of Nov 8, Arizona reported 1880 new cases of Covid-19 and the virus is spiking across the nation. Prevention is key to stoping the spread, so wash your hands, avoid touching and large groups, stay home, clean and disinfect your house, and wear your mask.

TOCC **Times**

Role Model Week

What you'll find:

Covid 19 - Reminders P.1

Monday & Tuesday P.2

Wednesday & Thursday P.3

Friday P.4

PREVENTION IS KEY.

Prevent the spread of Coronavirus (COVID-19)



WASH YOUR HANDS OFTEN with soap & water for at

least 20 seconds or use an alcohol-based hand sanitizer.



AVBID TOUCHING your eyes, nose, & mouth with unwashed hands. AVOID CLOSE CONTACT with people who are sick.



STAY HOME If you are sick. CLEAN & DISINFECT frequently touched objects & surfaces.



COVER YOUR MOUTH & NOSE with a tissue or your sleeve (not your hands) when coughing or sneezing.



Motivation Monday

Who inspires you? Is there someone in your life within your circle of family and friends who know just what to say to motivate you to do great things? Or maybe it is the story of someone whom you never met, but their experience inspires you to pursue something greater in your life.

TRY IT TUESDAY

This Try it Tuesday is a little different because being a role model is not just a one day event. Being role model is a daily challenge to set the example for those who may need it. So for this Try it Tuesday, just try a few of these actions and start your path on being a great role model for someone.

MOTIVATION MONDAY

Watch "Who Inspires You?"

Dyan deNapoli shares her experiences, her heroes and role models, and describes why finding the right motivation matters.

https://www.youtube.com/watch?v=kZfEFzf4Jec

TRY IT TUESDAY

13 WAYS TO BE A GOOD

ROLE MODEL

HEY, BIG SHOT.

You don't have to be a celebrity or a superstar to be a role model. Chances are if you're a parent, teacher, coach, religious leader, or manager, you're influencing people every day. Make it positive!

SET THE BAR HIGH.

Have high expectations for others and yourself. Avoid the tendency to adjust the target downward just to accommodate mediocrity.

INSPIRE OTHERS.

When you're a role model, every message you send is critical. Don't wait for the stars to align to demonstrate good behavior.

LOOK IN THE MIRROR.

Look to see if you're sending the wrong message.

STAND FOR SOMETHING.

Good role models have the strength of their convictions. They believe what they say and say what they believe.

WALK THE TALK.

Ensure that your words and actions are consistent.

INTEGRITY MATTERS.

Good role models are open, honest, and trustworthy. Make sure to finish what you start and follow through on commitments.

BE RESPECTFUL.

Treat others as you want to be treated:

BELIEVE IN YOURSELF.

Be confident in who you are and what you represent. But balance that confidence with a dose of humility.

HOLD PEOPLE ACCOUNTABLE.

Don't accept bad behavior. Speak up against abuses. Life isn't a spectator sport.

NOBODY'S PERFECT.

Accept responsibility for your actions. When you make a mistake, admit fault and show you mean it by taking corrective action.

YOU'RE JUDGED BY THE COMPANY YOU KEEP.

Surround yourself with people of high character and integrity.

YOUR SOUL IS NOT FOR SALE.

Listen to your conscience. That's why you have one.





WELLNESS WEDNESDAY

Read this short article on ideas to grow teens into healthy adults.

https://apexbg.com/wellness-wednesday-growing-teens-into-healthy-adults/

WELLNESS WEDNESDAY

This great article gives suggestions on how to help teens positively grow into healthy adults

THERAPUTIC THURSDAY

BE A FITNESS MODEL!

Going for a pre- or post-dinner walk, staging an impromptu dance party or making a game out of household chores are a few ways to include your kids in a workout. Be a fitness role model for your kids so they too will enjoy exercising regularly.



THERAPUTIC THURSDAY

Try some of these suggestions to become a fitness role model for your kids. Showing off a healthy lifestyle is important to teach our younger generations how to live a healthy and active lifestyle.

Read this article:

https://www.dubosefitness.c om/fitness-blog/fitness-rolemodel-for-your-family

To find out the importance of setting an example for our youth.

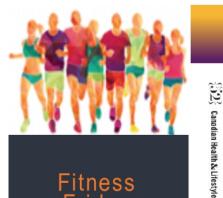
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Sit approximately one foot apart, back-to-back

Rotating to the left, pass the medicine ball to your partner.

keep spine straight, core tight. heels on floor; lean back slightly, not touching: 360 MEDBALL EXCHANGE

FITNESS FRIDAY



Fitness Friday

Try this partner workout to set a good example for someone.



3

lunge forward.

Do 15 reps then change legs. Your partner lunges back as you your arms extended and your partner's Stand back up to starting position, left leg (pictured, left). simultaneously steps forward with their reverse lunge position while your partne Step back with your right leg into a

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partner's arms are extended arms are bent and your



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Repeat on opposite side. Repeat, returning to the original Complete 15-20 reps each direction

on one forearm, face partner.

Push against your partner's palm to bend as your arm straightens as they resist, but allow their arm extended towards you.

Put free hands palm-to-palm, with In side plank position, feet stacked, hips off ground, balancing your arm bent and your partner's

Gothes and shoes courte sy of Sporting Life. Brent in Nike; shoes: Reebok Realflex Speed, Eva in Nike; shoes: Saucony Kinvara3 Progrid. Hair and makeup Paul Langill (SLAM); assistant Julia Gignac.

each other, feet shoulder width apart.

Start in a squat position facing Wrap a resistance band behind partner's knees; hold handles in each hand.

Switch positions and until reps are complete. Repeat for 15-20 reps in the stationary squat Your partner remains and core ugnt. together. Keep back

liness

10 passes counter-clockwise. Complete 10 passes dockwise and Advanced option: lift heels off floor.

back from your partner. Rotate right to receive the bal your shoulder blades to your sides and drawing the middle of while pulling handles in In one motion, stand

Fit Ball Core Exchange OUR IPAD BONUS

couples stretches step-by-step, plus repeat the exercise

healthandlifestyle.ca (53)

Eva Redpath, evaredpath.com. Brent's fitness partner:

GREAT JOB ON YOUR WELLNESS WEEK!