



# TOCC Times

Role Model Week

## What you'll find:

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### "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 stopping the spread, so wash your hands, avoid touching and large groups, stay home, clean and disinfect your house, and wear your mask.

## 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.



**AVOID 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.

## BE SMART STAY APART

Help stop the spread of COVID-19 by **physical distancing**. Keep at least **6 to 8 feet** between yourself and others.



6-8 feet



6-8 feet





## 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/>

# 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.



## WELLNESS WEDNESDAY

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

## 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.dulosefitness.com/fitness-blog/fitness-role-model-for-your-family>

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



# FITNESS FRIDAY

## 1 360 MEDBALL EXCHANGE



1 Sit approximately one foot apart, back-to-back; heels on floor; lean back slightly, not touching; keep spine straight, core tight.

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

3 Rotate right to receive the ball back from your partner.

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

**✓ COMMIT TO THREE WORKOUTS A WEEK AND SCHEDULE THEM IN YOUR CALENDAR**

fitness

## 2 OBLIQUE PARTNER PLANK



1 In side plank position, feet stacked, hips off ground, balancing on one forearm, face partner. Put feet hands, palm-to-palm, with your arm bent and your partner's extended towards you.

2 Push against your partner's palm as they resist, but allow their arm to bend as your arm straightens. Repeat, returning to the original position as you resist.

3 Complete 15-20 reps each direction. Repeat on opposite side.

## 3 BUDDY ROWS



1 Wrap a resistance band behind partner's knees, hold handles in each hand.

2 Start in a squat position facing each other; feet shoulder width apart.

3 In one motion, stand while pulling handles in to your sides and during the middle of your shoulder blades together. Keep back and core tight.

4 Repeat for 15-20 reps. Your partner remains in the stationary squat until legs are complete. Switch positions and repeat the exercise.

## 4 SEESAW LUNGE



1 Stand facing each other with palms touching. Your arms are bent and your partner's arms are extended.

2 Step back with your right leg into a reverse lunge position while your partner simultaneously steps forward with their left leg (frictioned, left).

3 Stand back up to starting position, your arms extended and your partner's arms bent.

4 Your partner lunges back as you lunge forward.

5 Do 15 reps then change legs.

*Brent's fitness partner: Eva Kehbah, [evarechbah.com](http://evarechbah.com)*

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Canadian Health & Lifestyle

[healthandlifestyle.ca](http://healthandlifestyle.ca)



## Fitness Friday

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

# GREAT JOB ON YOUR WELLNESS WEEK!