“Stay Home, Stay Safe”

Make sure to always take measures for your safety and the safety of others.

1. Wear a mask
2. Wash your hands
3. Socially distance
4. Avoid crowds

Here are a few other tips to stay safe during the holidays:

1. Get your flu shot
2. Start quarantining
3. Quarantine upon arrival & get tested if you can
4. Wear a mask
5. Have your celebrations outside
6. Open windows, if you can’t have your celebration outside
7. Avoid inviting strangers, keep your circle small
8. Check CDC recommendations for latest information

“Practice the Six Cs [image]

- Avoid Crowds
- Close contact
- Closed spaces
- Cover up with a mask
- Clean your hands
- Care for yourself

MAKE A DIFFERENCE DURING THE COVID-19 PANDEMIC

- Wash Your Hands
- Wear a Mask and Avoid Crowds
- Save PPE for Those on the Front Lines

Fellow Food Safety Guidelines
Donate Blood and Plasma
Report Fraudulent COVID-19 Tests, Vaccines and Treatments

What you’ll find:

Holiday Safety P.1
Mon, Tue P.2
Wed, Thurs, Fri P.3
Motivation Monday

As we get started this week, for our fitness week, it is good to get a base of rules to start us off on the right path.


Then try these stretches to get your week started

Make sure you set small goals for yourself and reach those milestones so you can stay motivated!

TRY IT TUESDAY

Pick one of these workouts to do today. These are total bodyweight to get your started as we build up this week. Make sure that you set up a schedule for yourself.

Examples:

Mon: Upper Body
Wed: Lower Body
Fri: Total Body

Or

Mon: Lower
Tue: Upper
Wed: Rest
Thurs: Lower
Fri: Upper

“The 10 Golden Rules of Getting and Staying Fit”

- Drink more water
- Stick to your workout program for at least 90 days
- Prioritize recovery
- Don’t obsess over nutrition
- Get enough sleep
- Incorporate resistance training into your routine
- Switch things up
- Learn as much as you can
- Get medical check ups regularly
- Use a coach

TRY IT TUESDAY

TOTAL UPPER BODY

DAREBEE WORKOUT @ darebee.com
2 minutes rest between exercises

10 push-ups x 5 sets in total 20 seconds rest between sets

10 reverse crunches x 3 sets in total 20 seconds rest between sets

10 plank rotations x 5 sets in total 20 seconds rest between sets

10 squats x 5 sets in total 20 seconds rest between sets

10 overhead push-ups x 3 sets in total 20 seconds rest between sets

10 alternating arm circles x 5 sets in total 20 seconds rest between sets

10 barbell squats

LEG DAY

NEILA REY WORKOUT @ neilarey.com
2 minutes rest between exercises

1. squats
2. split squats
3. lunges
4. standing leg raises
5. climbers

10 reps each

Note: 3 sets level 1, 5 sets level 2, 7 sets level 3 - rest between sets up to 2 minutes
WELLNESS WEDNESDAY

“Pilates For Beginners”

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

THERAPUTIC THURSDAY

This will be a day of rest this week. But take today to start designing your workout schedule based on your goals and life schedule. If you are just beginning, start with 3 days a week and build to 4 and 5 days. You don’t want to burn out early and become frustrated with yourself. Give yourself time to adjust to the new active lifestyle.

FITNESS FRIDAY

60 seconds: Jog in Place
30 seconds: Walking Lunges
60 seconds: Burpees
30 seconds: Push Ups
60 seconds: High Knees
30 seconds: Bicycle Abs
60 seconds: Squat Jumps
30 seconds: Pike Push Ups
60 seconds: Jumping Jack Squats
30 seconds: Wall Sit or Air Squats
60 seconds: Mountain Climbers
30 seconds: Tricep Dips
60 seconds: Sprint
30 seconds: Rest

Challenge yourself with this High Intensity Interval Training workout. You can do anything for 1 min so just keep moving. Push yourself to reach your fitness goals!