



TOCC Times

Fitness Week

What you'll find:

Holiday Safety **P.1**

Mon, Tue **P.2**

Wed, Thurs, Fri **P.3**

"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 cant have your celebration outside
7. Avoid inviting strangers, keep your circle small
8. Check CDC recommendations for latest information

Practice the Six Cs for everyone's safety!



Avoid Crowds
Close contact
Closed spaces



Cover up
with a mask



Clean your hands



Care for yourself
Eat well, exercise, sleep

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

The general public should wear cloth face coverings



Follow Food Safety Guidelines



Donate Blood and Plasma

Report Fraudulent COVID-19 Tests, Vaccines and Treatments



MOTIVATION MONDAY

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.

For the full article:

<https://medium.com/in-fitness-and-in-health/the-10-golden-rules-of-getting-and-staying-fit-308b1ee246e3>

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 UPPERBODY

DAREBEE WORKOUT © darebee.com
2 minutes rest between exercises



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

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

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



50 punches
x 5 sets in total
20 seconds rest
between sets



50 overhead punches
x 5 sets in total
20 seconds rest
between sets



50 raised arm circles
x 5 sets in total
20 seconds rest
between sets

LEG DAY



1. squats

2. split squats

3. lunges

4. standing leg raises

5. climbers

10 reps each

level I 3 sets level II 5 sets level III 7 sets - rest between sets up to 2 minutes

WELLNESS WEDNESDAY

“Pilates For Beginners”

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

THERAPUTIC THURSDAY








WELLNESS WEDNESDAY

Do this great, no equipment needed, pilates workout. This is a 15 min workout that is meant to help you stretch and strengthen your muscles.

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.

How To Design Your Workout

monday	tuesday	wednesday	thursday	friday	saturday	sunday
upper body workout	lower body workout	rest	upper body workout	lower body workout	rest	active rest
						

FITNESS FRIDAY

Total Body HIIT Workout

- 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**

Repeat 2-3 times.

Fitness Friday

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!