

"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
- Quarantine upon arrival & get tested if you can
- 4. Wear a mask
- 5. Have your celebrations
- Open windows, if you cant have your celebration outside
- Avoid inviting strangers, keep your circle small
- Check CDC
 recommendations
 for latest
 information

TOCC Times Fitness Week

What you'll find:

Holiday Safety P.1

Mon, Tue P.2

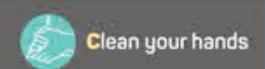
Wed, Thurs, Fri P.3

Practice the Six Cs

for everyone's safety!









MAKE A DIFFERENCE DURING THE COVID-19 PANDEMIC



Wear a Mask and Avoid Crowds



Save PPE for Those on the Front Lines

The general public should wear cloth see coverings





Donate Blood and



Report Fraudulent COVID-19 Tests, Vaccines and Treatments





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/infitness-and-in-health/the-10golden-rules-of-getting-andstaying-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

Mon: Lower

Tue: Upper

Wed: Rest

Thurs: Lower

Fri: Upper

MOTIVATION MONDAY

"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



50 overhead punches

20 seconds rest

50 raised arm circles x 5 sets in total

20 seconds rest

50 punches

20 seconds rest





WELLNESS WEDNESDAY

"Pilates For Beginners"

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

THERAPUTIC THURSDAY



Total Body HIIT Workout

60 seconds: Jog in Place

30 seconds: Walking Lunges

60 seconds: Burpees

30 seconds: Push Ups

Repeat 2-3 times

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

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.

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!