

THURSDAY, APRIL 4 | MOVEMENT MOTIVATION

“DIY Daily Wellness Toolkit” to Grow Your Wellness



Supporting individual and local participation. Participation information available via the intranet and ManageWell®.

- ✓ POSITIVE AFFIRMATION
- ✓ MANAGEWELL MINI CHALLENGE
- ✓ BREATHING EXERCISE
- ✓ RECIPE
- ✓ MOVEMENT
- ✓ COLORING PAGE



DIY ManageWell Mini Challenge: Burn Calories

Your Challenge: Burn calories! (No gym needed.)

You know exercise is good for you. But just how often do you need a trip to the gym?

Research is showing that physical activity - any movement that works your muscles, such as gardening, vacuuming, taking the stairs, dancing - can benefit your body, mind and spirit. Although physical activity alone can't replace the benefits of getting your heart rate up the way exercise does, moving your body daily will burn calories and strengthen muscles.

Will you track your exercises for a week?

Log into [ManageWell](#) to register and start the mini challenge



Key Employee Wellness Week Links

- [2024 Virtual Employee Wellness Week \(hitchcock.org\)](#)
- [2024 Employee Wellness Week Program Booklet](#)
- [Welcome Packet for Wellness Leaders](#)
- [Local Engagement Challenge Sharing Form](#)



DIY Positive Affirmation: → I am Doing My Best

Sometimes we feel a lot of pressure upon us that makes us feel we have to keep going, no matter what. When we are having feelings like this, our muscles can get tight and our breathing rapid, and up in our chest. Our wise body is giving us guidance to, literally, "take a breather" while our minds might be telling us "You haven't done enough to earn that break". Yes, you have. Every day, you do your best. This is a beautiful breath-regulating meditation, with exactly that reminder

By: Alison Potts Innate Being

Brisbane, Australia

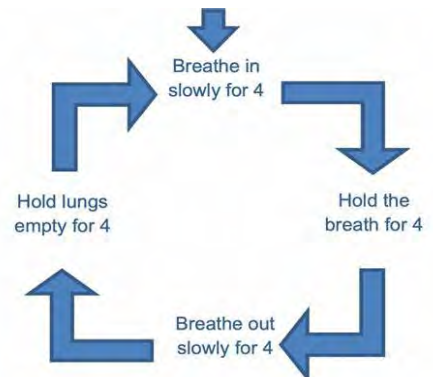
Alison is an accredited coach, yoga and meditation teacher and educator of over a decade's experience. She is the founder of Innate Meditation, which focuses on compassion-focused and somatic practices that help guide people into their bodies, hearts, and own internal wisdom. Her influences are both scientific, experiential, and spiritual. Her greatest joy is to inspire people to love themselves as exactly as they are.



DIY Breathing Exercise: Square Breathing

Sit upright in a comfortable chair with your feet flat on the floor. Try to be in a stress-free, quiet environment where you can focus on your breathing. Keeping your hands relaxed in your lap with your palms facing up, focus on your posture. You should be sitting up straight. This will help you take deep breaths.

- Slowly exhale. Sitting upright, slowly exhale through your mouth, getting all the oxygen out of your lungs. Focus on this intention and be conscious of what you're doing.
- Slowly inhale. Inhale slowly and deeply through your nose to the count of four. In this step, count to four very slowly in your head. Feel the air fill your lungs, one section at a time, until your lungs are completely full and the air moves into your abdomen.
- Hold your breath. Hold your breath for another slow count of four.
- Exhale again. Exhale through your mouth for the same slow count of four, expelling the air from your lungs and abdomen. Be conscious of the feeling of the air leaving your lungs.
- Hold your breath again. Hold your breath for the same slow count of four before repeating this process.



DIY Recipe: Veggie Fried Rice

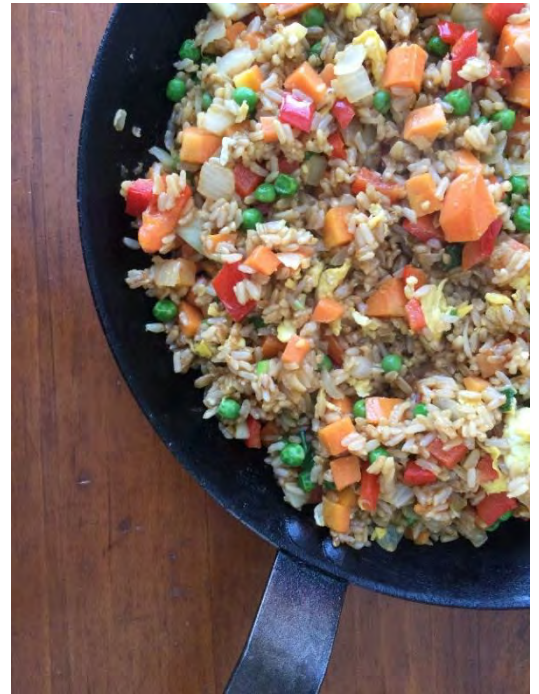
A one-skillet meal that is quick to cook, nutritionally balanced, a favorite with all ages, and great leftover (that is if there are any leftovers given how tasty it is). What more could you ask for!

Source: Heather Wolfe, MPH, RDN, LD, NBC-HWC

Makes: 4 servings **Serving Size:** 1 ½ cups

Ingredients

- 4 cups leftover cooked, chilled brown rice (from 1 ⅓ cups uncooked rice)
- 1 tablespoon canola oil, divided
- 2 eggs, lightly beaten
- 1 onion, chopped
- 2 carrots, diced small
- 1 red bell pepper, diced small
- ½ cup frozen or fresh green peas
- 4 cloves garlic, minced
- 1 tablespoon toasted sesame oil
- 3 green onions, finely chopped
- 3–4 tablespoons reduced sodium soy sauce



Instructions

1. Prepare rice in advance as cold leftover rice works best for this dish. At least several hours before making this recipe cook and chill your rice. Medium- or long-grain brown rice is preferred. (How to cook brown rice: In a medium saucepan, bring 2 ⅔ cups water and 1 ⅓ cups brown rice to a boil, cover, reduce heat and simmer for about 40 minutes.)
2. Heat 1 teaspoon canola oil in a large wok or skillet over medium-high heat. Add beaten egg and scramble until just set, using your spatula to break up the egg into bite sized pieces. Remove from skillet and set aside.
3. Add remaining 2 teaspoons canola oil to the hot skillet along with onion, carrots, red bell pepper, and peas. Cook 3–5 minutes over high heat, stirring often. Add garlic, stir, and cook for another 30 seconds. Remove vegetables from the skillet and set aside.
4. Add the sesame oil to the skillet along with the cooked rice, scallions, and soy sauce. Stir to combine. Cook over high heat, stirring occasionally, for 5 minutes.
5. Add vegetables and scrambled egg. Stir gently until evenly combined.
6. Season to taste with additional soy sauce. Serve immediately. Offer chili-garlic sauce or sriracha on the side for heat if desired.



Nutrition (per serving): Calories 375, Total Fat 11.5g, Saturated Fat 2g
Carbohydrate 57g, Fiber 6.5g, Protein 10.5g, Sodium 510mg

Heather's Healthy Hints

- ✓ Brown rice, veggies, and egg all contribute to the protein in this dish. If desired, you can add a small portion of cooked shrimp or chicken or edamame for additional lean protein if desired.

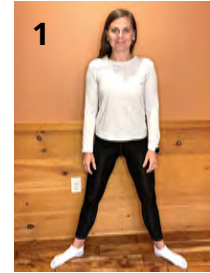
YOGA SQUAT

From: **Kara Maville**,
M.Ed, AFAA, CHC

Whether you exercise frequently or spend a lot of the day sitting, the hips and hip flexors are a tight spot on the body. On average Americans sit almost 10 hours each day, resulting in increased risks of heart disease, diabetes, obesity, muscle degeneration, and more (getamericastanding.org). The **Yoga Squat** has many benefits like building strength in the glutes and flexibility in the feet and ankles. It is also a great hip opener that stretches the groin. If the Yoga Squat is too difficult at first, try the variations listed below!

Execution:

- Begin with your feet slightly wider than hip distance apart. Pivot your feet so your toes are pointed out. (1).
- Bend your knees deeply, sinking down until your hips are lower than your knees, a few inches off the floor (2).
- Bring your hands into prayer as you press your elbows into your inner thighs and lift up out of your hips (2).
- Aim to hold for 10-15 seconds and then gently rise up to the starting position (1).
- Repeat the Yoga Squat as many times as you are comfortable.



For questions or support around the Yoga Squat, contact [Kara Maville](#).



Yoga Squat Variation: Yoga Squat with a Chair

- Grab a chair and open your legs out to the side with your feet pointing out.
- Place your hands in a prayer position and stand up.
- Gently squat back down and sit in the chair.
- Try hovering an inch or two above the chair to work on your strength.

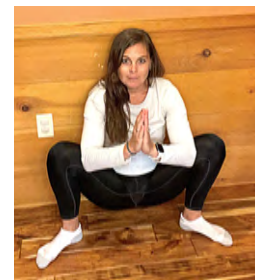
Yoga Squat Variation: Yoga Squat with a Wall

- Lean against a wall for support. Slide your self down to get into the pose and slide yourself up to get out of it.



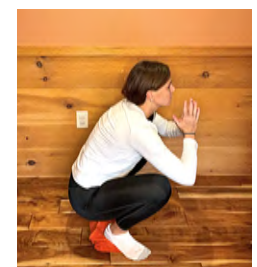
Yoga Squat Variation: Hold On

- Hold on to a table, a counter or a sturdy chair to come into and get out of the Yoga Squat.



Yoga Squat Variation: Squat with Towel Mat

- If your heels don't touch the floor, place a rolled up blanket, towel or mat under your heels.



Source: Malasana: *How to Master Your Yogic Squat*

Muscles used: Gluteus maximus and medius, adductor longus and magnus, rectus femoris, vastus medialis, vastus lateralis, soleus, erector spinae, gastrocnemius

