



Wellness With Megan - Exercise and Wellness Tips

- Get outside in the garden for some vitamin D. Get bare feet in the grass if you can.
- Take a sip of water every 15 mins
- Drink lots of tea and herbal teas to avoid having a dry palate
- Call a friend/family member and have a nice chat!
- Wash hands after touching doors, handles etc - wash them to the happy birthday song!

Exercise you can do at home! Everyday!

Starting position

- Sit up nice and tall on a comfortable chair
- Toes in front of knees, feet hip bones distance apart.
- Arms long shoulders back

Warm up 10 of each!

1. Shoulder rolls - loosen up the shoulders!
2. Arm circles - inhale to life, exhale to circle
3. Roll the feet onto toes and heels - loosen the ankles
4. Circle the ankles
5. Lift your heel and step the foot out to the side - opens the hips!

Take deep breaths inhale for 5 count/exhale for 5 counts. Having any discomfort breathing? Tell someone.

Main exercise for strength improves circulation and mobility!

1. Sprints! 10 seconds on 10 seconds for 1 minute.
2. Chest expansion - start with straight arms in front of the chest. Press your arms past the front of your body and open up for chest x5
3. Lift straight arms in front of you pull down like you are grabbing something off the top shelf! x5
4. Reach one arm overhead, other arm to your ear, reach arm overhead and stretch out your side body! X5 each side

Cool down and stretch - reach arms in front of you interlace fingers to stretch your upper back, reach your arms out to side stretch your chest. Reach straight legs out in front of you once at a time and touch your laces! Do each stretch for 5 breaths.