



# #WELLNESS WEDNESDAY

WEEK 1: YOGA, GATOR FIT, HEALTHY EATS

# YOGA POSES FOR BEGINNERS

- Yoga should be done with a parent, guardian or house team member present to supervise.
- Music- slow, calming music (Instrumental is best)
- Yoga should be done on a yoga mat in a large open area, free of clutter.
- All poses should be done in a slow manner (i.e. in slow motion). If a pose is too difficult or causes pain, stop. Just do the ones you are comfortable with.

## Mountain Pose

**A.** Stand tall with feet together, shoulders relaxed, weight evenly distributed through your soles, arms at sides.

**B.** Take a deep breath and raise your hands overhead, palms facing each other with arms straight. Reach up toward the sky with your fingertips.

Hold for 3 full breaths.



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## Downward Dog

**A.** Start on all fours with hands directly under shoulders, knees under hips. Walk hands a few inches forward and spread fingers wide, pressing palms into mat.

**B.** Curl toes under and slowly press hips toward ceiling, bringing your body into an inverted V, pressing shoulders away from ears. Feet should be hip-width apart, knees slightly bent.

Hold for 3 full breaths.



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## Warrior II

**A.** Stand with legs 3 to 4 feet apart, turning right foot out 90 degrees and left foot in slightly. Bring your hands to your hips and relax your shoulders, then extend arms out to the sides, palms down.

**B.** Bend right knee 90 degrees, keeping knee over ankle; gaze out over right hand.

Hold for 1 minute. Switch sides and repeat.



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## **Tree Pose**

**A.** Stand with arms at sides.

**B.** Shift weight onto left leg and place sole of right foot inside left thigh, keeping hips facing forward.

**C.** Once balanced, bring hands in front of you in prayer position, palms together.

**D.** On an inhalation, extend arms over shoulders, palms separated and facing each another.

Hold for 30 seconds. Switch sides; repeat.

**Make it easier:** Bring your right foot to the inside of your left ankle, keeping your toes on the floor for balance. As you get stronger and develop better balance, move your foot to the inside of your left calf.



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## **Bridge Pose**

- A. Lie on floor with knees bent and directly over heels. Place arms at sides, palms down.
- B. Exhale, then press feet into floor as you lift hips.
- C. Clasp hands under lower back and press arms down, lifting hips until thighs are parallel to floor, bringing chest toward chin.

Hold for 1 minute.

**Make it easier:** Place a stack of pillows underneath your tailbone.



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## Triangle Pose

- A. Stand with feet about 3 feet apart, toes on your right foot turned out to 90 degrees, left foot to 45 degrees.
- B. Extend arms out to sides, then bend over your right leg.
- C. Allow your right hand to touch the floor or rest on your right leg below or above the knee, and extend the fingertips of your left hand toward the ceiling.

Turn your gaze toward the ceiling.

Hold for 5 breaths. Switch sides; repeat.



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## Seated Twist

A. Sit on the floor with your legs extended.

B. Cross right foot over outside of left thigh; bend left knee. Keep right knee pointed toward ceiling. Place left elbow to the outside of right knee and right hand on the floor behind you.

C. Twist right as far as you can, moving from your abdomen; keep both sides of your butt on the floor. Hold for 1 minute. Switch sides; repeat.

**Make it easier:** Keep bottom leg straight and place both hands on raised knee. If your lower back rounds forward, sit on a folded blanket.



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## **Cobra**

**A.** Lie face down on the floor with thumbs directly under shoulders, legs extended with the tops of your feet on the floor.

**B.** Tighten your pelvic floor, and tuck hips downward as you squeeze your glutes. Press shoulders down and away from ears.

**C.** Push through your thumbs and index fingers as you raise your chest toward the wall in front of you.

Relax and repeat.



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## Pigeon Pose

**A.** Begin in a full [push-up](#) position, palms aligned under shoulders. Place left knee on the floor near shoulder with left heel by right hip.

**B.** Lower down to forearms and bring right leg down with the top of the foot on the floor (not shown).

**C.** Keep chest lifted to the wall in front of you, gazing down. If you're more flexible, bring chest down to floor and extend arms in front of you.

**D.** Pull navel in toward spine and tighten your pelvic-floor muscles; contract right side of glutes. Curl right toes under while pressing ball of foot into the floor, pushing through your heel.

**E.** Bend knee to floor and release.

Do 5 reps total. Switch sides and repeat.



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## Crow Pose

**A.** Start in [downward dog](#) position (palms pressed into mat, feet hip-width apart) and walk feet forward until knees touch your arms.

**B.** Bend your elbows, lift heels off floor, and rest knees against the outside of your upper arms. Keep toes on floor, abs engaged and legs pressed against arms.

Hold for 5 to 10 breaths.



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## **Last Pose - Child's Pose**

**A.** Sit up comfortably on your heels.

**B.** Roll your torso forward, bringing your forehead to rest on the bed in front of you.

**C.** Lower your chest as close to your knees as you comfortably can, extending your arms in front of you.

Hold the pose and breathe.



# GATOR FIT

BROUGHT TO YOU BY OUR TRAINER AT RIGHTFIT

#1 Table Push Ups – 15 Repetitions



#2 Calf Raises– 15 Repetitions



#3 Squats – 15 Repetitions



← #4 Mountain Climbers – 60 Seconds

#5 Front Plank – 30 Seconds



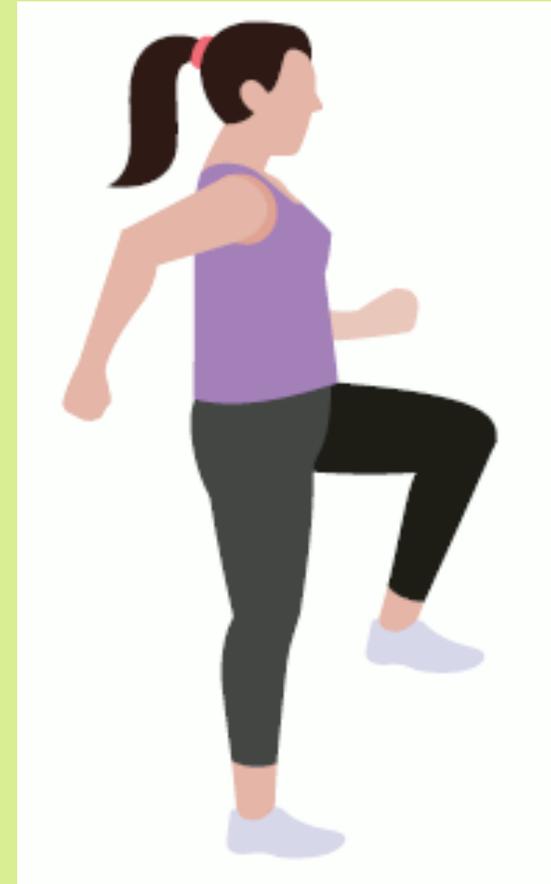
# GATOR FIT

BROUGHT TO YOU BY OUR TRAINER AT RIGHTFIT

#6 Hip Lifts – 45 Seconds



#7 Run or March in Place – 1 Minute



## Bacon Avocado and Tomato Toast

**Prep time**  
5 mins

**Cook time**  
5 mins

**Total time**  
10 mins

Bacon Avocado and Tomato Toast- An elevated and luxurious Avocado toast with bacon, tomatoes, and a fried egg. The perfect breakfast and brunch sandwich.

Author: Evi

Recipe type: Brunch

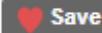
Serves: 2

### Ingredients

- 2 slices of the bread of your choice
- 1 Avocado, mashed
- ½ red onion, finely chopped
- 2 slices of tomatoes
- 4 slices of bacon, fried
- 2 eggs, fried sunny side up

### Instructions

1. Toast 2 slices of bread, and spread each slice with the ripe mashed avocado.
2. Spray a nonstick skillet and fry the eggs sunny side up. In a separate pan fry the bacon until cooked.
3. Placed chopped onions, a slice of tomato, 2 slices of bacon, and 1 cooked egg on each slice.
4. Sprinkle with salt and pepper and garnish with some fresh parsley.



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# HEALTHY EATS & ETIQUETTE

1. Wash your hands - Before and after eating you should wash your hands with soap for 20 seconds.
2. Eat Slowly - Take your time to eat, helps prevent from choking on your food.
3. Take small Bites - Eating smaller pieces also help prevent you from choking and makes it easier to swallow.
4. Avoid - Chewing/Talking with your mouth full - You don't want food to fall out of your mouth.
5. Napkins - Make sure you are using your napkins to wipe your mouth to avoid getting dirty.
5. Silverware - Make sure you are using forks, spoons as needed to avoid using your hands.
6. Cleaning up - Make sure you are picking up your plate and cleaning your area.