

March 2022 Wellness Challenge

Hey, it is March 2022, and winter is trying to keep us wearing our hats and mitts. This is the month that we really need to focus on our personal wellness, and the NBSRT wellness team encourages you to give the challenges below a try and see your personal wellness improve knowing spring is just around the corner.

Here are another 5 challenges for the purpose of promoting the personal wellness of our membership. We are now in month 7 of our wellness challenges, please consider attempting as many of the below challenges or create your own. You are asked to keep a personal record and let us know how you are doing as you follow your 2021-22 wellness journey. Take care and take stock on how your wellness plan is going.

This month is all about taking ten minutes to improve / maintain your health:

1. **GET MOVING:** Find and participate in one or more energy enhancing exercise/s as a part of each day. Just 10 minutes of your time. Why? Well here are some benefits: Exercise helps to trigger the production of endorphins, which are your body's 'feel good' chemicals. You burn up calories, assists in maintaining your ideal weight or in losing pounds as well. You will have more energy and feel more alert. These are just a few of the many benefits.
2. **STRETCH & TONE:** Try this easy routine any time through-out the day: 1) Reach to the ceiling (stand with your feet apart, knees slightly bent. Breathe in slowly and extend one hand/arm up towards the ceiling. Alternate to opposite hand/arm. Hold the stretch for 10 seconds. Repeat 3 times on each side. 2) Hip rotations (stand with your feet shoulder width apart, bend your knees, move your arms in front of your chest with elbows bent as if you are holding a ball. Rotate your hips either clockwise or counter-clockwise. Move your arms around in front in time with your hips. Make 10-12 circles in each direction. 3) Knee Lift (step up on a stair with your left or right leg. Step down and repeat, alternating the lead foot. Perform this exercise for 5 minutes.
3. **EAT WELL:** Look to moderate your fat intake. Professionals say that fat should make up one third of your calorie intake. Cut down on saturated fats. Read food labels carefully, whenever possible choose foods marked fat-free (less than 0.5g of fat per serving) or low-fat (3g of fat or less per serving). Eat leaner cuts of red meat. Try alternatives such as skinless chicken and fish. Try yogurt as a dessert instead of ice cream. Keep your salads simple, be careful of the type of dressing you use.
4. **BE CALM & RELAX:** Sit in your favourite chair, close your eyes, take a deep breathe in, hold and release. See if you can listen to your heart as it beats. Start with this for 3-5 minutes and increase as you feel more comfortable with this exercise. If this is not your thing, pick up that book that you have intended to read and time yourself for 10 minutes.
5. **LOOK GOOD:** Try some water therapy. Cleanse with it, drink it, moisturize with it and I have been told: "for puffy eyes and skin - freeze it and use it". To reduce the dehydrating effects in your home, place a bowl of water in the room - add a few drops of your favourite essential oil to enhance your mood. Try to drink as much water as you can through-out the day (at least 6-8 large glasses). This helps to keep your kidneys functioning to detox your body.

Bonus: Enjoy St. Paddy's Day - dress up in green - enjoy a beverage and socialize with your family and friends!

Ongoing challenge: **If you have not started this one, now is the time ** Take a photo of a landmark (tree, scenery, etc) on the same day each month for the next 6 months* and send to us in June 2022. Good Luck with your wellness challenges. We are always looking for photos and your comments/thoughts. Stay connected!

Hey - identify the retired teachers in the photo - send to Garth and your name will be placed into a draw for a \$10 gift card to Tim's - The photo is a few years old, but they still look great.



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