



Activity Guidelines for Health and Wellness
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Total Rehab and The Mayflower Community, both of Grinnell encourage all residents to REMAIN ACTIVE during the COVID-19 pandemic. Inactivity leads to decreased immunity and muscle breakdown and it can negatively affect your mental wellbeing!

Total Rehab is provides the following recommendations for residents who want to remain active while practicing social distancing:

- 1. Don't stop moving.** We encourage you to go outside for a walk, take laps around your home, or use an exercise bike that you clean before and after use. Even if you are feeling under the weather, it is important to remain active (within reason) to fight off illness!
- 2. Stay strong.** Don't feel like going to the gym? Here are a few strengthening activities you can do at home with no equipment:
 - a. Sit-to-stands from your couch or dining table chair. How many can you do in a row?
 - b. Wall push-ups – Stand in front of a wall. Extend your arms out to measure the correct distance. Keeping a tight core, slowly lower your chest towards the wall. Pause once your upper arms form a 90-degree angle. Contract the chest muscles and push yourself back up to the starting position. Aim for 10 in a row!
 - c. Seated or standing marches and kicks-- Work towards 2 sets of 10 repetitions!
- 3. Remain Positive.** Your physical and emotional well-being are intricately connected. Try doing chair yoga or tai chi to remain centered. Below are links to get you started:
 - a. Chair Yoga: <https://youtu.be/3ZvmKOPoFVo>
 - b. Tai Chi: <https://m.youtube.com/watch?v=D7wya1v6iZQ>