



The Wellness Wire

Herbert Wertheim College of Medicine

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An initiative of the Faculty Assembly Steering Committee, the Office of Medical Student Support Services, the Fit & Well Committee, the Assistant Dean of Faculty Development, and the Division of Education and Faculty Development in the Department of Humanities, Health, and Society.

Greetings as we all learn to reframe our lives during these unprecedented times. Recognizing that figuring out how to work from home can be challenging, the Faculty Assembly Steering Committee has launched this initiative to provide resources for faculty and staff to foster our collective well-being.

RESOURCE EDITION

This issue presents two resources that you might find helpful during the coronavirus pandemic. You can also find links to these resources on the HWCOC Wellness Website.

[National Health Service Fitness Studio Exercise Videos](#)

The United Kingdom's National Health Service has an entire webpage devoted to staying active during the pandemic. Their site is now linked to the HWCOC's Wellness During the Coronavirus Pandemic Website under the Resources for Physical Activity tab.

The website offers many free exercise videos, including aerobic activities, strength and resistance workouts, Pilates, and yoga. There are exercises to tone your abs, raise your heart rate, and tone your upper arms. They offer 10- and 12-week workout plans as well as specialized workouts for new mothers (postnatal yoga) and specific health problems (Pilates for back pain). The duration of the videos ranges from 10 to 45 minutes. They have something for everyone!

[Yoga with Adriene](#)

Yoga with Adriene is the talk of our medical students at the COVID-19 testing site, in course small groups, and in student COVID-19 reflection essays! Because of their comments, you can now also find Yoga with Adriene linked to the HWCOC's Wellness During the Coronavirus Pandemic Website under the Resources for Physical Activity tab.

These videos are categorized in several ways on the home page: by duration, by difficulty level or for specific targets (reducing back pain, weight loss and others). You can also select Videos and scroll down to search for a specific title such as Yoga for Writers, Yoga for Focus, Slow Your Roll, Respect and Replenish, or Yoga for Grief. There is a yoga video for almost any intention or situation!

[HWCOC Wellness Website](#)

This webpage is updated regularly as new wellness resources are discovered. Feedback and ideas for resources can be emailed directly to seminor@fiu.edu.

To get to the website, go to medicine.fiu.edu and scroll down to the link. Or here is the direct link:

<https://medicine.fiu.edu/resources/employees/wellness-during-the-coronavirus-pandemic/index.html>.

Don't forget about our interactive Wellness Wall as well:

https://teams.microsoft.com/_#/school/conversations/General?threadId=19:5ff287f7a6744a96a18e22896ebd3b3a@thread.tacv2&ctx=channel

