



# 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.

#### **Moving Fast and Slow**

One particular challenge of being stuck inside our homes and apartments is trying to keep our bodies moving. Whether looking for a way to really move fast or just something on the slower side, there are a number of websites with at-home workouts using nothing but your bodyweight and easy to find objects.

If you are looking for a gentler routine, here is one that you might enjoy. This at-home circuit routine can get your heart rate up while also challenging strength and balance. Perform the circuit three times. Walk up and down steps or march in place for two to three minutes between sets. To up the effort, add dumbbells or try improvising with cans filled with coins or rice.

#### *Chair squats*

Stand in front of a chair with your feet shoulder-width apart. Bend your knees, lowering your hips back, keeping weight in your heels and your chest upright. Start by sitting into the chair and standing back up 10

to 12 times. If this is easy, hover above the chair then return to standing.

#### *Counter push-ups*

Place your hands on the edge of a counter, just beyond shoulder-width apart. Lower into a pushup then press back up. Repeat 10 to 12 times. For more of a challenge, walk your feet farther away from the counter.

#### *Chair triceps dips*

Sit upright in a chair with your hands on the armrests, elbows bent at 90 degrees. Straighten your arms, lifting your body off the chair. Hold briefly. Then lower yourself down. Use your legs to balance. Repeat 10 to 12 times.

#### *Calf raises*

Begin in a standing position. Rise up onto your toes, hold briefly, then lower back down. Repeat 10 to 12 times. Place one or both hands on a table or chair for more support. For an added challenge, perform on one leg at a time.

Every little bit helps, so get moving!

For those seeking a more whimsical workout, click: <https://twitter.com/i/status/1239738812034498561>

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

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

