## WELLNESS WEDNESDAY CHALLENGE DIARY



Thanks for joining us for our Wellness Wednesday! This week we are going to challenge you to participate in a 7-day Wellness Tracking Challenge. We encourage you to do these 6 things each day for the next 7 days and keep a diary of it to help you stay on track!

ΑCTIVITY	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
<b>Get Plenty of Rest.</b> When you wake up, write down how many hours of sleep you had the night before. It is advised that you get at least 6 hours of sleep each night.							
<b>Eat your fruits and veggies.</b> It is recommended that you eat 5 servings of 80 grams of fruits and vegetables each day. One 80g serving is equivalent to a small piece about a size of a tennis ball. 1 serving = 1 cup.							
<b>Drink plenty of water.</b> Recommended water intake: Males: 124 fluid oz. Females: 92 fluid oz.							
<b>Breathe deeply and do it often.</b> Take 3 sessions a day to perform 5 big breathes to increase the oxygen in your lungs. 5 sec inhale, hold for 2 sec, 6 sec exhale							
<b>Perform these 3 exercises every</b> <b>day.</b> 20 Jumping Jacks (Modified if needed), 20 Forward / Backward Arm Circles, 20 Calf Raises, 20 Knee lifts (March in place)							
Have a great attitude and show your gratitude. Write down two things you're thankful for after the end of each day							

Aegis Therapies welcomes all persons in need of its services and does not discriminate on the basis of age, disability, race, color, national origin, ancestry, religion, gender identity, sexual orientation or source of payment. Interpreter Services are available at no cost. Please visit your local Aegis Therapies location for assistance. Servicios de interpretación están disponibles sin costo. Visite su sucursal local de Aegis Therapies para recibir asistencia. 我们提供免费传译服务。请探访您的本地Aegis Therapies地点以获得协助。ENG-00029-20