

# January 2021 Auxiliary of Emerson Hospital Wellness Series

## Healthy Tips from Molly D Kim, MS

### **NYTimes Well Newsletter**

[https://www.nytimes.com/newsletters/well?campaign\\_id=18&emc=edit\\_hh\\_20210101&instan](https://www.nytimes.com/newsletters/well?campaign_id=18&emc=edit_hh_20210101&instan)

### **NYTimes 11 Minute Body Weight Workout**

<https://www.nytimes.com/2021/01/13/well/move/an-11-minute-body-weight-workout-with-proven-fitness-benefits.html>

### **NYTimes 7 Minute Workout Video**

<https://www.nytimes.com/video/well/100000007527127/standing-7-min-workout.html>

### **Cooper Aerobics Health & Wellness**

<https://www.cooperaerobics.com/Health-Tips.aspx>

### **PopSugar Fitness Home Workout Guide to the 150 Best Moves plus 30 Minute Videos**

<https://www.popsugar.com/fitness/bodyweight-dumbbell-exercises-47365638>

### **Pop Sugar 5 Minute Core Workout**

<https://www.popsugar.com/fitness/5-Minute-Core-Workout-30515400>

### **Yoga with Adriene (currently offering a free 30 day yoga journey - Breath)**

<https://yogawithadriene.com>

### **Free Mindfulness Apps**

<https://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention/>

### **May You Know Joy**

<https://www.mayyouknowjoy.com>

### **First Sip**

<https://www.afirstsip.com>

### **Project Happiness**

[https://projecthappiness.org/?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=](https://projecthappiness.org/?utm_source=newsletter&utm_medium=email&utm_campaign=)

### **Gratefulness**

[https://gratefulness.org/?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=word-for-the-day&utm\\_content=button&mc\\_cid=87e6ed40d3&mc\\_eid=%5Ba083c3506b%5D](https://gratefulness.org/?utm_source=newsletter&utm_medium=email&utm_campaign=word-for-the-day&utm_content=button&mc_cid=87e6ed40d3&mc_eid=%5Ba083c3506b%5D)