

# MESSAGE FROM SETH

Under the current circumstances, self-care is an ever more challenging yet ever more important aspect of life.

## What are the Components of Wellness?

The Components of Wellness is a theoretical model used to identify and explain the key pillars of being a healthy and fulfilled person. Essentially it's the idea of being a well-rounded person who is challenging themselves and addressing various needs. At this time, it may seem to some of you that meeting your physical wellness needs is currently impossible. We are here to help!

This will act as information and programming that will help provide everyone with an outlet for addressing their fitness needs. We promise some creative ideas that will work with the current situation. We want to give you some healthy options and make it fun at the same time! This is an at-home workout plan that can be done with virtually zero equipment. While this won't be daily, it will be regular as we figure out how to best bring everyone this information.

If you have specific questions regarding these workouts, please email Seth at [cropensw@miamioh.edu](mailto:cropensw@miamioh.edu). We can't promise an answer to every email, but we will do our best to take the feedback and build on it as we move forward!

## FIND YOUR FIT

1

### Squats

Keep good contact through your feet, shoulders high over hips, knees out at shoulder width

2

### Push-Ups

Keep elbows at 45-degree angle from the torso, good contact through the full palm of the hand

3

### Towel Twists

Grab a towel and twist it as though you were trying to wring water out of it, be sure to "switch directions" with the way you're twisting your towel

4

### Sit-Ups

Try to stay "long and tall" through your torso, don't let your body curl/slouch



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RECREATION CENTER

01



02



03



04



# Modifications

## Beginners

Do three rounds of eight repetitions of each exercise.

- Sit and stand from a hard (kitchen) chair for squats.
- Find a stationary object to use as a push-up platform, a countertop might be a great choice.
- Get good contact on the surface with your hands, you'll end up on your toes/balls of your feet, don't worry about keeping your heels down.
- Twist a thin towel, like a dish/kitchen towel.
- For sit-ups do chair sit-backs, find a stationary chair, the edge of the bed might be a great choice. From a seated tall position, shoulders over hips and feet flat on the floor, lean back as far as you can without any slouching or caving of the shoulders, do not let your feet come off the floor. Sit-back up to start position.

## Intermediate

Do three rounds of 12 repetitions of each exercise.

- Use a partial range of motion for squats, get as low as you can without your heels coming off the ground or chest falling forward.
- Do push-ups with your knees on the floor, rather than your feet, perform push-ups keeping a "straight line" from your shoulders through your hips to your knees at all times during the push-ups.
- Use a dish/kitchen towel for towel twists.
- For your sit-ups, start on the floor, knees bent so you can get your feet flat on the floor, assist your sit-ups by using your hands on the backs of your thighs and pulling yourself up

## Advanced

Find a timer and set it for 20 minutes, do as many rounds of 12 reps each as quickly as you can in that time.

- Use a full range of motion with your squats, don't let those heels come up or knees cave in.
- Use a full range of motion for your push-ups, get your chest all the way to the floor in the bottom position.
- For towel twists use a heavier towel, like a bath towel.
- For sit-ups no assistance from your hands, shoulders to the floor in the bottom position and shoulders right above hips at the top

## Advanced Superheroes

Find a timer and set it for 20 minutes, do as many rounds of 12 reps each as quickly as you can in that time. Accept you have to do every movement explosively

- Jump as high as you can as the top position for each squatDo "plyo"-style push-ups "jumping" off the ground with your handsUse a bath towel for towel twists, if you can find one made of adamantium or vibranium use that



# Nutrition



# Smart Healthy Eating Tips

- Stock your kitchen wisely with nutritious and versatile staples such as plain frozen fruits and vegetables, whole wheat pasta, brown rice and quinoa, canned tuna and salmon, frozen chicken breasts, and canned beans.

- Keep healthier snacks in sight to discourage reaching for the chips and sweets. Store ready-to-eat cut up fresh fruit and vegetables, hummus, string cheese, and whole grain crackers on the counter or in eyesight when you open the refrigerator.

- If you find yourself mindlessly snacking out of boredom, do your best to stay out of the kitchen between meals.

- Carry a water bottle with you at home to stay hydrated throughout the day.



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