

Breaking the Stigma on Aging (Cont.)

As I thought about each thing in more detail, I thought it would be a great challenge to do. If you are already doing something in one of the six areas—try something new to change it up. Here are the six areas in the challenge:

1. Get plenty of rest. Research has found that one needs at least six hours of sleep a night. If you are not getting six hours, what could you change up in your night routine to get more sleep or deeper sleep?
2. Eat your fruits and veggies. It is recommended that you eat 5 servings of fruits and veggies each day. If you are eating the recommended amount, what veggies can you add in that you haven't eaten in a while? What fruits could you add differently?
3. Drink plenty of water. It is recommended to drink at least 48-64 ounces (or six to eight glasses) of water a day. If you are drinking this amount - what can you add in or switch out to get a different flow of fluids flushing through your body? If you normally drink five cups of coffee a day—could you switch three cups out for hot tea or green tea?
4. Breathe deeply and do it often. Taking in three big breaths in a row have been proven to reduce your cortisol levels when feeling stressed. When you are breathing, how often do you pay attention to how deeply you are breathing in or out?
5. Perform three exercises every day. The three that are listed are: modified jumping jacks, forward/backward arm circles, calf raises, knee lifts (march in place). If you do a version of these each day – what could you swap out for something more challenging?
6. Have a great attitude and show your gratitude. I have witnessed the gratitude all around me over the last 20 months here. The majority of you practice this everyday. What is one way to show your gratitude differently or more often?

I am including the challenge as an insert in the newsletter for those of you who would like to take on this challenge. The challenge is for 7 days, but we will track our progress for 5 days. If you do choose to do it, turn in your sheet to concierge by **Friday Oct. 8th at 3 p.m.** to be entered to win a prize. I would love to see how many of us take on this challenge, shake things up and add something new to our daily routines.

I am looking forward to seeing how many of us challenge ourselves to keep breaking the stigma of aging!

Carolee Rodrigo, CTRS, RTC
Lifestyles Manager



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Lifestyles of Acacia Creek

October 2021



ACACIA CREEK

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Breaking the Stigma on Aging

In 2003, the International Council on Active Aging (ICAA) initiated a week long campaign to call attention to the positivity of aging. In its efforts to break the stigmas of aging, they showed how to highlight and celebrate all the capabilities older people bring to a community and highlighted active aging role models.

Active Aging Week challenges the common misconception of older people by proving that people over age of 50 are able to learn and grow in all areas of life: physical, social, spiritual, intellectual, vocational and environmental. The campaign challenges older adults to experience different wellness events and exercises.

I hope this sound familiar. This campaign falls right in line with the successful aging culture here at Acacia Creek. At Acacia Creek, we believe that anyone at any age has the ability to grow and learn. We challenge each other to try new things and be the best versions of ourselves as we can be. This true for residents and team members.

I am inspired everyday to be the best version of myself by being around all of the residents. The importance of being active in the aging process has fueled the culture and lifestyle here, which in turn is a major influence on my lifestyle choices.

With all that being said - it is important not only to stay active but also to change things up and try something new. The ICAA with their partner Aegis Therapies, has a wellness challenge they promote on their Active Aging Week website. They encourage people to do six specific things each day for seven days and track it on a diary sheet. When I read over the list my initial thought was that a good number of residents here at Acacia Creek already do this.

(Continued on page 8)

Don't Wait, Hydrate

Dehydration is one of the most overlooked health risks amongst older adults and also one of the most common causes of hospitalization among seniors. Staying hydrated plays an important role in keeping electrolytes balanced, blood volumes normal, and kidneys functioning. It also helps digestion and the transportation of nutrients throughout the body. Water is necessary for almost every bodily function. It regulates body temperature, pumps blood to the muscles, and lubricates the joints. Believe it or not, three-fourths of our brain is made up of water, and a decent amount of liquid is needed for it to work well. Gray matter shrinks when we are dehydrated and if we consistently become dehydrated, it can cause the brain to age faster than usual. This tells us just how important water is to us.

Unfortunately, many older adults do not drink enough water. As we age, we are unable to recognize when we are thirsty. As we age, our body composition changes, meaning there is less water in the body than younger people. So it is easy for senior adults to become thirsty and not even recognize it. By the time they realize it, they are already in the early stages of dehydration.

It can be helpful to recognize the symptoms of dehydration to catch it early on. 1-2% body water loss can cause you to feel thirsty, 2-5% body water loss can give you dry mouth, headaches, and you can become weak and tired. At 6%, your body temperature and heart rate increases and you can experience rapid breathing. At 8% water loss, you'll feel confused and dizzy with difficulty breathing. When the body is at 10% water loss, your tongue can become swollen, you can have muscle spasms, and you become delirious. At this point, you begin to suffer from poor circulation and the kidneys can start to fail.

There are many ways you can stay hydrated and it doesn't always mean drinking a large quantity of water on the spot. It may be very difficult to sit down and drink an entire glass of water. It can make you feel bloated and full and can cause frequent trips to the restroom. So, make sure to take frequent small sips of water throughout the day.

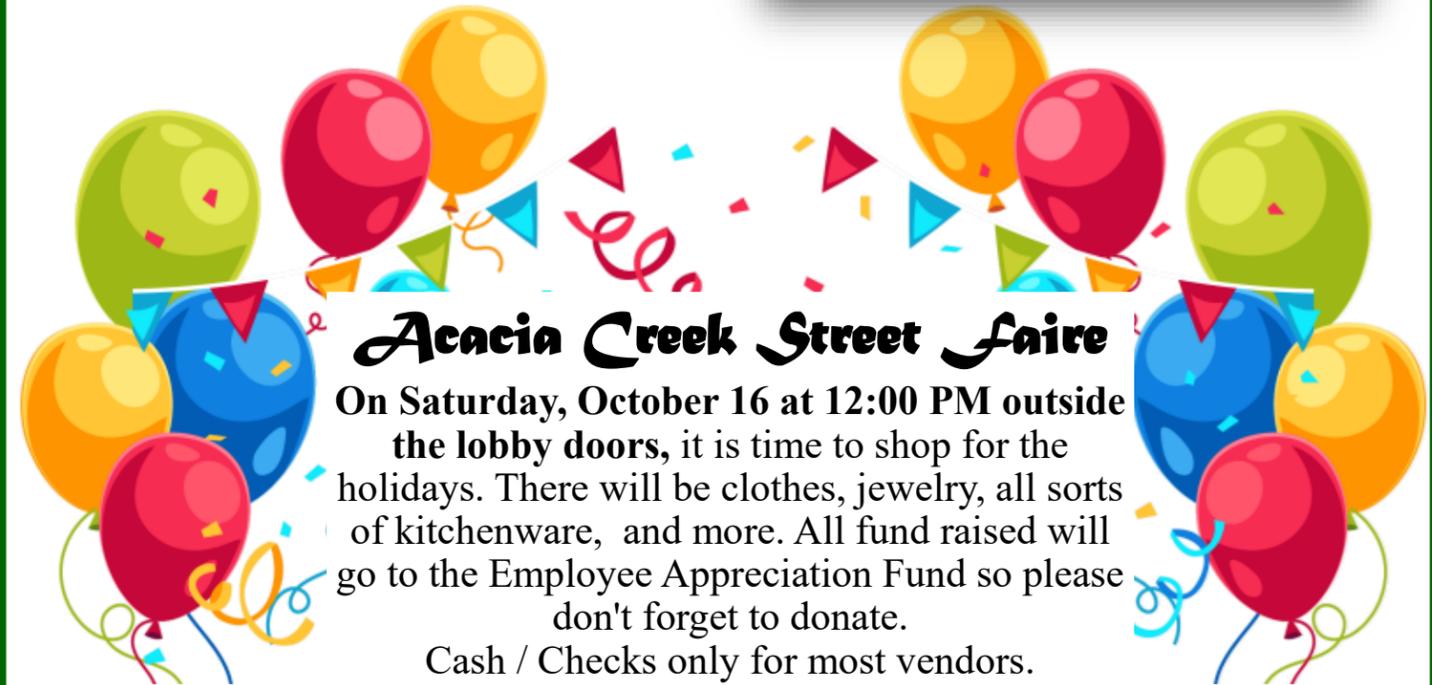
The best way to stay hydrated is to make hydration an all-day event. Drinking at least 48-64 ounces or six to eight glasses of water a day is ideal. Some people need more depending on how much they sweat. You can also get water from foods and other beverages as well. This includes soup, gelatin, apples, watermelon, vegetables such as cooked broccoli, and vegetable or fruit juices.

Please note that alcohol and coffee are diuretics and can cause water loss and fruit juices are high in sugar. There are also specialized water brands like CORE water or Fiji water that boasts a high pH balance which claims to be more hydrating than normal pH balance water, but there is little study. To recap, be aware of what and when you're drinking and eating!

Yanasa Williams
Health Fitness Specialist

On Friday, October 15 at 4:30 PM in the Dining Room, bring your stein and enjoy a beer with us!

Beer Garden and Dinner begin at 4:30p.m. in the dining room. The Alpine Trio will play music in the dining room from 5 - 6:30 p.m.



Acacia Creek Street Faire

On Saturday, October 16 at 12:00 PM outside the lobby doors, it is time to shop for the holidays. There will be clothes, jewelry, all sorts of kitchenware, and more. All fund raised will go to the Employee Appreciation Fund so please don't forget to donate.

Cash / Checks only for most vendors.

Halloween Fun Night

On Friday, October 29 at 4:00 PM in the Turkey Roost. Acacia Creek is celebrating Halloween! Come dressed in your best costumes for a chance to win best costume! Prizes will be awarded at 5:15 PM voted on by secret judges. There will also be other games such as word search, guess the number of candy in the glass pumpkin, and much more! The decorated pumpkin coloring sheet will be delivered to your apartments with the instructions before the event. The social event committee members will be handing out candy, so don't forget to say "Trick or Treat!"

Weekend Entertainment

Saturday on Channel 1-61,

October 2 at 10:00 a.m. - Hostile Planet - Mountains

Only the toughest animal species can endure the difficulties of life on Earth's highest mountains.

October 9 at 10:00 a.m. - Hostile Planet - Oceans

Oceans are dynamic environments where animals must adapt to a life of constant change.

October 16 at 10:00 a.m. - Hostile Planet - Grasslands

Grassland, home to many stars of the animal kingdom, are volatile, challenging environments.

October 23 at 10:00 a.m. - Hostile Planet - Jungles

Only the most resilient species will triumph in unpredictable jungle conditions.

October 30 at 10:00 a.m. - Hostile Planet - Deserts

Follow a host of remarkable animals surviving in the planet's hottest habitats.

Sunday on Channel 1-61,

October 3 at 7:00 p.m. - Sunday Theatre: I Love You, You're Perfect, Now Change

A witty musical tackling modern love in all its forms: from the perils and pitfalls of the first date to marriage, children, and the twilight years of life. An insightful and hilarious musical, this show will have audiences shouting, "This is my life!"

October 10 at 7:00 p.m. - Sunday Theatre: Forever Plaid

An affectionate musical homage to the close-harmony 'guy groups' that reached the height of their popularity during the 1950s. Follow this quartet as high school chums and their earnest dreams of recording an album which ultimately ends in tragedy. The play begins with the wondrous and wondering Plaids returning from the afterlife for one final chance at musical glory.

October 17 at 7:00 p.m. - Sunday Theatre: Women Behind Bars

A hilarious, camp, dark comedy play set in the Women's House of Detention in Greenwich Village in the 1960's. Overseeing the prison is the matron, a deliciously-evil nightmare of a woman named Pauline Weiskurcher and her long-suffering henchwoman, Louise.

October 24 at 7:00 p.m. - Sunday Theatre: Jekyll & Hyde

An evocative tale of love, lust, madness and murder.

October 31 at 7:00 p.m. - Sunday Theatre: Disney - Coco

Despite his family's generations-old ban on music, Miguel dreams of becoming an accomplished musician like his idol Ernesto de la Cruz. Desperate to prove his talent, Miguel finds himself in the stunning and colorful Land of the Dead. After meeting a charming trickster named Héctor, the two new friends embark on a journey to unlock the truth behind Miguel's family history.

Striving for Good, is Good Enough?

As a Successful Aging Coach, my mission is to educate people about how growth and change is always possible. It is an individual's belief in their ability to bring about growth and change that largely determines their success. By educating residents and team members on the importance of having growth mindset, Acacia Creek hopes to inspire people to live their best lives. We recognize what each person's best life is very specific to them. If you believe your life to be good, then it is a good life. There are others whose best life involves looking at what could be better and taking action to make improvements. For those who feel they are missing joy and contentment in their life, there is always a way to find improvement; but it does involve growth and change.

It is important to know that growth isn't an all-or-nothing undertaking. Sometimes we decide to make a change and stick to our routines better than other times. Remember, doing something is better than doing nothing. It is not about achieving perfect weight, perfect physical fitness or perfect anything. It is about feeling good about ourselves. Each of us can achieve those gratifying feelings in our own way. We don't want to judge ourselves or compare ourselves to someone else. When we do our best to feel our best, that is good enough.

Take a look at all aspects of your wellness when assessing whether good is good enough. If we don't have good feelings of joy and contentment, we need to decide what to do to improve those feelings. We also need to have confidence in our ability to improve our wellness. This is where a growth mindset comes in. With a growth mindset, we understand there is always something we can do to improve the way we feel and increase what we do. It can be doing something new like going to the gym or learning a new card game or it can be simply changing your mindset. Several residents who live with chronic pain have told me how they learned to stop focusing on their pain by engaging in activities that they enjoy. Once they did this, they were able to have a better quality of life. This works with physical or emotional pain. Having a growth mindset means that we can do anything we set our mind on, and this includes deciding when my "good" is good enough for me.

Penny Vittoria

Successful Aging Coach

Please note new extension number: 3716

Special Events, Outings & Trips

Monday,

- **October 4 at 10:00 a.m. - Safeway Grocery Shopping / SURB / L**
- **October 11 at 10:00 a.m. - Raley's Grocery Shopping / SURB / L**
- **October 18 at 10:00 a.m. - Lucky's Grocery Shopping / SURB / L**
- **October 25 at 10:00 a.m. - Raley's Grocery Shopping / SURB / L**
- October 25 at 10:00 a.m. to 12:00 p.m. - Paper Bag Donation Drive / L**
Paper bags to be donated must be neatly stacked inside one paper bag and brought to the lobby. No plastic bags are accepted at this time.

Tuesday,

- **October 5 at 10:00 a.m. - Walk Across the Golden Gate Bridge / SURB / L**
Enjoy the view of the bay while standing on the famous Golden Gate Bridge. Residents can choose to walk across the bridge or stay on the bus and ride across the bridge. Estimated distance: 2.0 miles. Lunch will be on your own in Sausalito.
- **October 12 at 10:00 a.m. - Walking Trip: Lake Elizabeth / SURB / L**
The path is paved, less than a mile, flat, easy.
- October 12 at 1:00 p.m. - Fitness Talk with Yanasa / GA**
Fitness Health Specialist Yanasa will discuss the importance of staying hydrated.
- October 26 at 10:00 a.m. - Goodwill Donation / L**
Bring your gently used clothing and small household kitchen ware to the Lobby to be taken to donation.

Wednesday,

- **October 6 at 10:00 a.m. - Hobby Lobby / SURB / L**
- **October 13 at 10:00 a.m. - Fremont HUB - Target & Daiso / SURB / L**
- October 13 at 4:00 p.m. - Meet with Martin / Chan. 1-61 or TR**
Martin will share recent community news and updates. Recording will play at 7:00 p.m. on channel 1-61.
- **October 20 at 9:00 a.m. - Costco: Hesperian / SURB / L**
- **October 27 at 8:00 a.m. - Graton Casino / SURB / L**
- October 27 at 10:00 a.m. - Landscaping Meeting / TR & Chan. 1-61**
(Cont. on page 5)

** Indicates Outings or Trips

Special Events, Outings & Trips (Cont.)

Thursday,

- October 7 at 4:00 p.m. - T.G.I.F. (Thank God It's a Fundraiser) / TR**
Join us for martinis, manhattans, and margaritas while listening to the great accordion music of Ed Burtle as we raise money for the Employee Appreciation Fund.
- October 14 at 3:00 p.m. - Science and Engineering Talk / BR and Chan. 1-61**
Resident, Victor Wong presents "Gravity's Fatal Attraction: Supermassive Black Holes"
- **October 21 at 9:30 a.m. - Oakland Zoo / SURB / L**
Come ride the gondola to the new California Trail and see animals such as the California condor, grizzly bears, American bison, and more. Don't forget to see all the other parts of the zoo. Lunch will be on your own in the zoo. No golf cart tour. Tickets must be ordered online in advance (even the free ones).
- **October 28 at 9:00 a.m. - Cowgirl Creamery / SURB / L**
Enjoy a scenic drive to Point Reyes and visit a cheese lover's paradise. Cowgirl Creamery showcase a variety of artisan cheeses.

Friday,

- October 8 at 10:00 a.m. - Resident Forum / Chan. 1-61**
Guest Speaker Margaret Griffin, CALCRA president will present on California Continuing Care Residents Association, Inc.
- October 15 at 4:30 p.m. - Oktoberfest / DR**
Join us for an Oktoberfest celebration with German music, food and beer! Beer garden and dinner open at 4:30 p.m. and German music with the Alpine Trio will from 5-6:30 p.m. in the dining room.
- October 29 at 4:00 p.m. - Halloween Fun Night / TR**
Costume contest, spooky drinks, fun games, and more. Join us for a fun spooky night

Saturday,

- October 16 at 12:00 - 4:00 p.m. - Acacia Creek Street Faire / Outside Lobby Doors**
Join us at our Street Faire. Residents and visiting vendors include clothes, jewelry, tupperware, and more. This event is to raise funds for the Employee Appreciation Fund. Cash or checks only for most vendors.

** Indicates Outings or Trips

Lifestyles Weekly Recurring Programs

Please Keep for Future Reference

Revised: October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:45a Televised Worship Service from Siminoff Chapel / Chan. 1-15 11a Coffee Klatch / GR 2p Chinese Mahjong / MP 3p Sudoku with Carole S. / AS	9a Water Dancing / P 9:15a Sit & Be Fit (Total Body) / Chan. 1-62 10a Coffee Klatch / GR 10a Mobility & Strength / Chan. 1-62 10:15a Needle Arts Group / TS 11:30a Exercise for Pain Management / Chan. 1-62 12:30p Chair Cardio / Chan. 1-62 1p Core Stability / Chan. 1-62 2p Chinese Mahjong / MP 2p Relax and Color / TR 2p Ping Pong / GA 7p Bingo / MP	9a Water Dancing / P 9:15a Sit & HIIT / GA 10a Coffee Klatch / GR 10a Strength and Balance Level 1 / GA 10a Water Walking / P 10:30a Water Aerobics / P 10:30a Bible Study / BR 10:45a Body Positioning & Posture / GA 11:15a Cogni-Health & Reaction Time Training / GA 11:45a Gym Time & One-On-One Gym Machine Training / GA 1p AC Singers / MP 2p Acacia Creek Bible Study with Chaplain Joel / Chan. 1-15 2p Ping Pong / GA 2p Practice Qigong / Chan. 1-62 2p Charades Anyone? / 5th Fl L 2:30p Yoga / Chan. 1-62 7p Rummikub / MP	9a Water Dancing / P 9:15a Sit & Be Fit (Total Body) / Chan. 1-62 10a Coffee Klatch / GR 10:15a Sewing for Charity / TS 11a Genealogy with Marilyn / MP 11a Exercise for Blood Flow, Flexibility & Fine Motor Skills / Chan. 1-62 11:45a Exercise for Pain Management / Chan. 1-62 1p Core Stability / Chan. 1-62 1p Bridge / MP 2p An Afternoon of 99 / AS 2p Dance with Denise / GA 3:30p Zoom with Penny / Email pvittoria@acaciacreek.org to register	9a Water Dancing / P 9:15a Sit & HIIT / GA 10a Coffee Klatch / GR 10a Strength & Balance Level: 1 / GA 10a Water Walking / P 10:30a Water Aerobics / P 10:45a Body Positioning & Posture / GA 11:15a Cogni-Health & Reaction Time Training / GA 11:45a Gym Time & One-On-One Gym Machine Training / GA 1p Art Class / AS 1:30p Hand and Foot / MP 7p Mexican Train / AS	9:15a Sit & Be Fit (Total Body) / Chan. 1-62 10a Coffee Klatch / GR 10a Mobility & Strength / Chan. 1-62 10:15a Beading with Deborah / TS 11a Exercise for Blood Flow, Flexibility & Fine Motor Skills / Chan. 1-62 1p Rummikub / MP 2p Ping Pong / GA 2p Rick Steves' Europe (2000-2007) / Chan 1-61	10a Water Walking / P 10:30a Water Aerobics / P 11a Coffee Klatch / GR 2p Ping Pong / GA 7:30p Saturday Night Movie / Chan. 1-61

Bolded weekly recurring programs are either new programs or changes in location or time.



Acacia Creek Lifestyles October 2021 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events:						
					1 8a Mason's Breakfast - All Men Invited / DR 10a Resident Council Meeting / BR or Chan. 1-61	2 10a Hostile Planet - Mountains / Chan. 1-61 2p Ping Pong with Madelane / GA
3 7p Sunday Theatre: I Love You, You're Perfect, Now Change / Chan. 1-61	4 10a Safeway Grocery Shopping / SURB / L 10:45a Great Courses - How Great Science Fiction Works: Mary Shelley and the Birth of Science Fiction / Chan. 1-62	5 10a Walk Across the Golden Gate Bridge / SURB / L	6 10a Hobby Lobby / SURB / L	7 10a Great Courses - A History of European Art: The High Renaissance - Michelangelo / Chan. 1-62 10a Culinary Meeting / BR or Chan. 1-61 4p TGIF Social with Ed Burgle on the Accordion / TR	8 10a Resident Forum: Guest Speaker Margaret Griffin, CALCRA President will present on California Continuing Care Residents Association, Inc. / Chan. 1-61 7p Replay of the Resident Forum / Chan. 1-61	9 10a Hostile Planet - Oceans / Chan. 1-61
10 2p Dancing with Denise / GA 7p Sunday Theatre: Forever Plaid / Chan. 1-61	11 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - How Great Science Fiction Works: Science Fiction in the 19th Century / Chan. 1-62	12 10:00a Walking Trip: Lake Elizabeth / SURB / L 1p Fitness Talk with Yanasa - Topic: Staying Hydrated / GA 3:15p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	13 10a Fremont HUB - Target & Daiso / SURB / L 4p Meet with Martin / TR or Chan. 1-61 7p Recorded Meet with Martin / Chan 1-61	14 10a Great Courses - A History of European Art: Albrecht Durer and German Renaissance Art / Chan. 1-62 3p Science and Engineering Talk: "Gravity's Fatal Attraction: Supermassive Black Holes" Presented by Victor Wong / BR and Chan. 1-61	15 4:30p Oktoberfest / DR	16 10a Hostile Planet - Grasslands / Chan. 1-61 10:30a Coffee & Poetry with Monica / TR 12p Acacia Creek Street Faire / Outside Lobby Doors
17 2p October Trivia with Penny / TR 7p Sunday Theatre: Women Behind Bars / Chan. 1-61	18 10a Lucky's Grocery Shopping / SURB / L 10:45a Great Courses - How Great Science Fiction Works: Science Fiction Treatments of History / Chan. 1-62	19 10:30a Alameda County Library Book Club / Zoom 3p Environmental Services Meeting / BR 3:15p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	20 9a Costco: Hesperian / SURB/ L	21 10a Oakland Zoo / SURB / L 10a Great Courses - A History of European Art: Riemenschneider and Grunewald / Chan. 1-62	22 4p Movie Night: (1979) Nosferatu - Phantom Der Nacht / Chan. 1-61	23 10a Hostile Planet - Jungles / Chan. 1-61 2p Make Pumpkin Spice Lattes with Carolee / TR
24 11a Root Beer Floats with Chef / RSVP @ ext. 3703 by Wednesday, October 22 / TR 7p Sunday Theatre: Jekyll & Hyde / Chan. 1-61	25 10a Raley's Grocery Shopping / SURB / L 10a Paper Bag Donation Drive / L 10:45a Great Courses - How Great Science Fiction Works: Evolution and Deep Time in Science Fiction / Chan. 1-62 3p Zumba with Pinkie / L	26 10a Goodwill Donation / L 3:15p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	27 8a Graton Casino / SURB / L 2:30p Blood Pressure Check with Mina / AS 10a Landscaping Meeting / TR & Chan. 1-61	28 9a Cowgirl Creamery / SURB / L 10a Great Courses - A History of European Art: Netherlandish Art in the 16th Century / Chan. 1-62	29 4p Halloween Fun Night / TR	30 10a Hostile Planet - Deserts / Chan. 1-61 1:15p Halloween Knitting with Mina / TS (apt.1441)
31 1p Spooktacular Discussing on Ride Share with Thys / BR 7p Sunday Theatre: Disney - Coco / Chan. 1-61	<p>Legend</p> <p>AS = Art Studio (3rd Floor) BR = Board Room (5th Floor) DR = Dining Room (5th Floor) G = Gym (Wellness Center) GA = Gym Annex (Wellness Center)</p> <p>GR = Game Room (5th Floor) L = Lobby (1st Floor) MHA = Masonic Home Auditorium MP = Multi-Purpose Room (3rd Floor) P = Pool (Wellness Center) PBC = Pickleball Court</p> <p>S = Siminoff Center SURB = Signup in Recreation Binder (Mailroom) SUC = Signup at Concierge SUMB = Signup in Masonic Binder (Mailroom) TR = Turkey Roost (5th Floor Lounge)</p> <p>TS = The Studio (Apt. 1441)</p>					

Acacia Creek's Active Aging Week 5-Day Challenge

Thank-you for participating in the 7-Day Wellness Challenge powered by Aegis Therapies in partnership with ICAA.

Use the form on the back of this page to track your progress. There are suggestions on what you can do in the green boxes, but if you have your own ideas, do those instead. The idea is that you do something in each of the six areas each day for seven days. We are going to be mindful for 5 days, tracking from Monday, October 4th through Friday, October 8th.

On the tracking sheet, the week starts on Thursday, please do not worry about that. Just mark down your progress on Monday, Tuesday, Wednesday, Thursday, and Friday.

Turn your sheet in on Friday, October 8th by 3 p.m. to the concierge to be entered into a raffle. For any questions, please contact Carolee at ext. 3738.



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!

ACTIVITY	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
Get Plenty of Rest. 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.							
Eat your fruits and veggies. 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.							
Drink plenty of water. Recommended water intake: Males: 124 fluid oz. Females: 92 fluid oz.							
Breathe deeply and do it often. 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							
Perform these 3 exercises every day. 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地点以获得帮助。 ENG-00029-20