

i Immunity



ACTIVITY

Strength Endurance Examples:

- Lifting weights.
- Working with resistance bands.
- Heavy gardening, such as digging and shovelling.
- Climbing stairs.
- Hill walking.
- Cycling.
- Dance
- Push-ups, sit-ups and squats

Flexibility Examples:

- Yoga
- Lunges
- Dance
- Tai chi
- Stretch bands

Muscular Endurance Examples:

- Walking Squats
- Planks
- Kettlebell Swings
- Jumping Rope
- Burpees

ACTIVITY

Stability Exercise Examples:

- Single limb stance
- Side leg raise
- Crunches
- Tightrope Walk
- Exercises with stability balls
- Planks
- Bosu Balance exercises

Try at least one of the exercises listed in the above four sections. How did it feel?

Research some more exercises in one of the four areas and try them!

NUTRITION

Keep track of your food today! It will help you to review later on where you could make adjustments and changes. Also today, keep track of how long you eat each meal.

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	
Water	

SLEEP

Sometimes things on our mind can prevent good sleep at night. Use this sheet to put your thoughts down to help prevent worry just before bed! Fill out one sheet for each worry.

What are you worried about?	
What are you going to do about it?	
When would you like to do it by?	
Who can support you with this worry?	

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SLEEP

Keep a sleep journal. If you have any immediate concerns, make sure to discuss it with your doctor!

	MON	TUE	WED	THUR	FRI	SAT	SUN
Time you went to bed							
How long did it take to fall asleep?							
How many times did you wake up?							
What time did you wake up?							
What time did you get up?							
How long did you spend in bed last night?							
How would you rate the quality of your sleep? 1-good 5-bad							

MINDSET

How do you generally feel after exercise?

Make a list of some quick exercises you can do anywhere to help you when you need to clear your mind.
