



<p>Try 5 minutes of arm stretching movement: Try ISPARC's Arm Workout - Fitter in 5!</p>	<p>Put on a favorite song and move along!</p>	<p>Try 2 minutes of breath work - whatever type of breathing feels relaxing to you</p>	<p>Write down, draw or think about the main way(s) that movement is medicine for you</p>	<p>Find the ISPARC YouTube Channel</p>
<p>Enjoy a cup of tea/coffee with a friend</p>	<p>Tell a friend one thing you appreciate about them</p>	<p>15 minutes of any type of movement, you enjoy!</p>	<p>Drink 5 glasses of water today</p>	<p>Write down, draw or think about three things about your body that you are grateful for</p>
<p>Write down, draw, or think about 2 activities that make you smile and nurture your spirit</p>	<p>Check how much fiber is in something that you eat today (on a nutrition label).</p>	<p>Free space: take a moment for yourself</p>	<p>5 minutes of leg stretching movement Try this under 5 minute lower body stretch</p>	<p>Practice your balance movement: can you balance on one leg (supports are encouraged!)</p>
<p>Connect with a knowledge holder to learn how to harvest and use a plant currently in season</p>	<p>Think about 2-3 emotions that come up for you when you think about moving your body. What can help you to work through these emotions?</p>	<p>Give yourself permission to say "no" if you need to this week: exercise healthy boundaries!</p>	<p>Write down, draw or think about 3 things around you that help work towards your wellness goals (people, places, things)</p>	<p>Try a chair resistance activity: Try ISPARC's FitNation Resistance Chair Workout</p>
<p>Take a walk around the block after a meal OR 15 minutes of ISPARC'S full body chair exercises after a meal*</p>	<p>Ask around to see what options there are for movement in your community (team sports / walking groups / fitness room etc.?)</p>	<p>Spend time feeling the sun / rain / wind on your skin today</p>	<p>Try a new recipe that sounds good to you</p>	<p>Talk to an Elder/ language carrier / download an app to learn one or two new words in your language</p>