

November 2016

App of the Month

Daily Yoga

The app offers 40+ yoga sessions, 300+ yoga poses in library, and 18 background music choices.

The app also offers:

- HD videos for landscape and full screen view, plus live voice instructions.
- 4 yoga programs with well-scheduled sessions to make the best training plans
- 3 different workout intensities (casual, moderate, and intense) for beginners and advanced
- Various length routines available (5, 10, 20, etc. min.)



Free for iOS and Android

Strike a Pose

Yoga is gaining interest over time, as people discover the many benefits it has to offer.

Yoga is meant to be accessible to everyone. You don't have to embody it completely to get its full benefits. Incorporating just a bit of yoga into your day can be beneficial. Whether you are looking for a hard core workout, increased flexibility, or more peace in life, yoga is great for YOU.

Yoga helps to improve posture, balance and strength. It improves your sleep, energy level, and circulation. It can aid in weight loss, reduce pain and stress, and so much more!

But, what type of yoga is right for YOU? Take this quiz to determine your yoga style!

www.chopra.com/ccl/quiz-what-kind-of-yoga-is-right-for-you



Now that you know your yoga style, let's talk about making it part of your day.

Rise & Shine: Wake up each morning and start your day with a few yoga poses.

Fitness Routine: Add yoga to your regular fitness routine to stretch and strengthen your muscles.

Yoga at Work: If possible, yoga poses can be used during your work day to invigorate your mind and body.

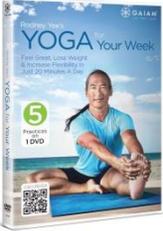
Check out these great resources to help you incorporate yoga:

DVDs at the store or library. Rodney Yee and Peggy Campy are two great instructors.

www.yogawithadriene.com offers tons of free yoga videos. Check out Adriene's 'free 30 days of yoga' - a great tool!

Check out a local community class. A few good places in the Fox Cities to try: Empower Yoga, Lotus Yoga, or check out your YMCA or gym schedule.

DVD Corner



Try Rodney Yee's *Yoga for Your Week*. Feel great, lose weight, and increase flexibility in just 20 min/day.

Pose & Stay Calm: Holiday Yoga

The holidays mean many of us will be busy with travel, shopping, and attending/preparing for celebrations. 'Tis the season to be merry, after all.

The season is not only busy, but can also be challenging. Finances, time, sleep schedules, etc. can all feel the pressures of the holiday season. Sigh, how to stay calm?

The answer is YOGA. Try these yoga poses for instant calm during the holiday season. These poses offer much-needed moments to breathe and just be.



www.absoluteyogaacademy.com

Calming thoughts and bed-time affirmation to help you sleep:

- *I have done my **BEST** for today.*
- *I have earned by **REST** for tonight.*
- *I have put my **LOVE** into all my deeds.*
- *I have used **KINDNESS** in all my thoughts.*
- *I close this day with pure **JOY** and now drift into a **SOUND SLEEP.***

Make an Appointment

As the holidays approach, it is important to make sure you have a great wellness plan in place. What are your goals for this season? How will you overcome any holiday challenges?

You don't have to take the journey on your own. Perhaps some extra accountability this holiday season is exactly what you'll need. Don't hesitate, make an appt. today!

Visit your Health Coach for assistance.

Kristi Smeaton

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Upcoming Walk/Run Events

Houdini 10k (Appleton, WI) – November 5

Jingle Bell Run/Walk (Appleton, WI) – November 14

Wells Fargo Santa Scamper (Appleton, WI) – November 22

Festival Foods Turkey Trot (Appleton, WI) – November 24

Noodleini 5k & 15k (De Pere, WI) – November 27