



Mc^{A+}ALLEN ISD

WELLNESS WEDNESDAY



DID YOU KNOW?

WATER

Water is known to cure dry, itchy skin as well as increase the skin's overall elasticity, leaving you looking fresher and younger.

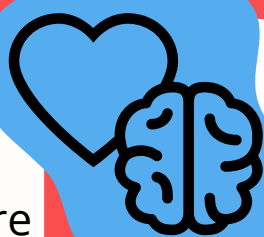
CHALLENGE!



Drink 6-8 cups of water a day, and see how you feel after one week.

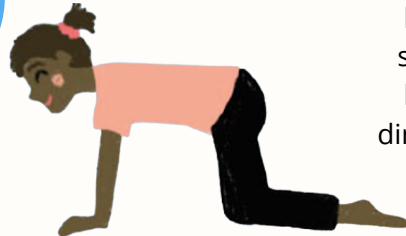


Report to a friend on the effect water has on your body.



YOGA

Tabletop Pose



This is the starting position for many other poses such as cat and cow. Resting your hands and knees, bring knees hip width apart (the feet should be in line with the knees). Palms should be directly under the shoulders with the fingers facing forward; back is flat.



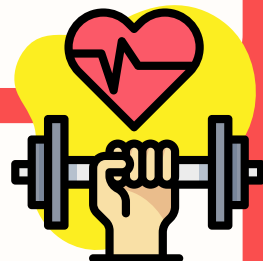
WELLNESS



Tips for optimal emotional wellness:

1. Tune-in to your thoughts and feelings
2. Cultivate an optimistic attitude
3. Accept and forgive yourself

MOTIVATION



"Once you are exercising regularly, the hardest thing is to stop it."
- Erin Gray

