



Mc^AALLEN ISD WELLNESS WEDNESDAY

DID YOU KNOW?

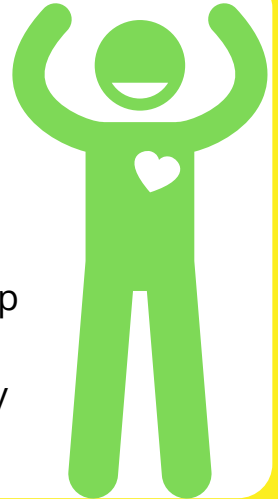
Headaches and back pains are primarily caused by dehydration. Drinking your recommended daily amount of water could drastically reduce these pains.



WELLNESS

Tips and suggestions for optimal intellectual wellness:

- Take a course or workshop
- Seek out people who challenge you intellectually
- Read



YOGA



Child's Pose

Sit back on the heels and slowly bring the forehead down in the front of the knees. Rest arms alongside the body. This peaceful pose gently stretches the hips and thighs - also helps calm the mind.

RELAX



CHALLENGE!



Challenge yourself to eat 3 healthy meals - make sure your meals consist of protein, carbs and greens. The more colorful your meal is - the better!

MOTIVATION



*"All progress takes place outside the comfort zone."
-Michael John Bobak*

