

USAREC Healthy at Home



May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 *Daily Prayer * Fitness Friday *1900 - Virtual Concert	2 *Daily Prayer *1900 - Virtual Concert
3 *Daily Prayer *1300 - Virtual Concert	4 *Daily Prayer *1300 - Virtual Concert	5 *Daily Prayer *1130 - Yoga *1300 - Virtual Concert	6 *Daily Prayer *Wellness Wednesdays *1300 – Virtual Concert	7 *Daily Prayer *1130 - Yoga *1300 - Virtual Concert	8 *Daily Prayer * Fitness Friday *1900 - Virtual Concert	9 *Daily Prayer *1900 - Virtual Concert
10 *Daily Prayer *1300 - Virtual Concert	11 *Daily Prayer *1300 - Virtual Concert *1730 – Financial Fitness	12 *Daily Prayer *1130 - Yoga *1300 - Virtual Concert	13 *Daily Prayer *Wellness Wednesdays *1300 – Virtual Concert	14 *Daily Prayer *1130 - Yoga *1300 - Virtual Concert *1300 – Educational Conference	15 *Daily Prayer * Fitness Friday *1900 - Virtual Concert	16 *Daily Prayer *1900 - Virtual Concert
17 *Daily Prayer *1300 - Virtual Concert	18 *Daily Prayer *1300 - Virtual Concert *1730 – Financial Fitness	19 *Daily Prayer *1130 - Yoga *1300 - Virtual Concert	20 *Daily Prayer *Wellness Wednesdays *1300 – Virtual Concert	21 *Daily Prayer *1130 - Yoga *1300 - Virtual Concert	22 *Daily Prayer * Fitness Friday *1900 - Virtual Concert	23 *Daily Prayer *1900 - Virtual Concert
24 *Daily Prayer *1300 - Virtual Concert	25 *Daily Prayer *1300 - Virtual Concert *1730 – Financial Fitness	26 *Daily Prayer *1130 - Yoga *1300 - Virtual Concert	27 *Daily Prayer *Wellness Wednesdays *1300 – Virtual Concert	28 *Daily Prayer *1130 - Yoga *1300 - Virtual Concert	29 *Daily Prayer * Fitness Friday *1900 - Virtual Concert	30 *Daily Prayer *1900 - Virtual Concert

Event Details

	EVENT	DATE(S)	HOUR (EST)	MEDIUM	LINK/INFO	DETAILS
1	Wellness Wednesdays	Weekly	N/A	Computer	https://www.facebook.com/USAREC/	Simple tips for coping during the pandemic.
2	House Call with TF Wellness	Bi-Weekly	1500	Computer	https://www.facebook.com/USAREC/	Health and wellness SMEs provide pertinent updates and information.
3	Daily Prayer	Daily	N/A	N/A	N/A	Pray for Healing, Wisdom (James 1:5), Courage, and Strength
Prayer Themes: Sun – Family/Friends, Mon – Medical/First Responders, Tue – Military, Wed – National Leaders, Thu – State/Local Government, Fri – Community, Sat - Economy						
4	Virtual Concert	Daily	Varies	Computer	https://www.facebook.com/ArmyFieldBand/live_videos/ https://www.youtube.com/armyfieldband/	Daily concert provided by the U.S. Army Field Band
5	Yoga	Weekly	1130	Computer	https://www.facebook.com/USArmyWCAP/live/	Participate in live online yoga class instructed by WCAP. All videos found at https://www.facebook.com/pg/USArmyWCAP/videos
6	Fitness Friday	Weekly	N/A	N/A	Plug in your birthday and see what workout you come up with. Enjoy! # of sets based off your age 20-29 = 4 sets 30-39 = 3 sets 40-49 = 2 sets 50-up = 1 set	## / ## / ##### 0 – 20 Air Squats 1 – 20 Pushups 2 – 25 Crunches 3 – 20 Reverse Lunges 4 – 20 Hand Release Pushups 5 – 50 Burpees 6 – 20 Lunges 7 – 25 Reverse Crunches 8 – 15 Split Jumps 9 – 20 Squat Jumps
7	Educational Conference	Varies	Varies	Computer	Hosted on CVR. Link will be provided when scheduled. You must have a CVR account to attend.	The wellness conference offers the USAREC community an opportunity to come together, virtually, for training and education on important health and wellness topics.
8	Financial Fitness	Weekly	1730	Computer	https://ameriprise2.webex.com/ameriprise2/j.php?MTID=m17b5a593db4e03d6bf1933c57doce2a3	Meeting number: 801 133 861 Password: 1234 Join by phone Dial-In: 1 (877) 221-2014 Passcode: 8847 867#