


# March

2020

WELLNESS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Wk 5 2	3	4	5	6	7
8	Wk 6 9	10	11	12	13	14
15	Wk 7 16 Spring Break	17 Spring Break 	18 Spring Break	19 Spring Break	20 Spring Break	21
22	Wk 8 23	24	25	26	27	28
29	Wk 9 30 PLC/PD Student Holiday	31				

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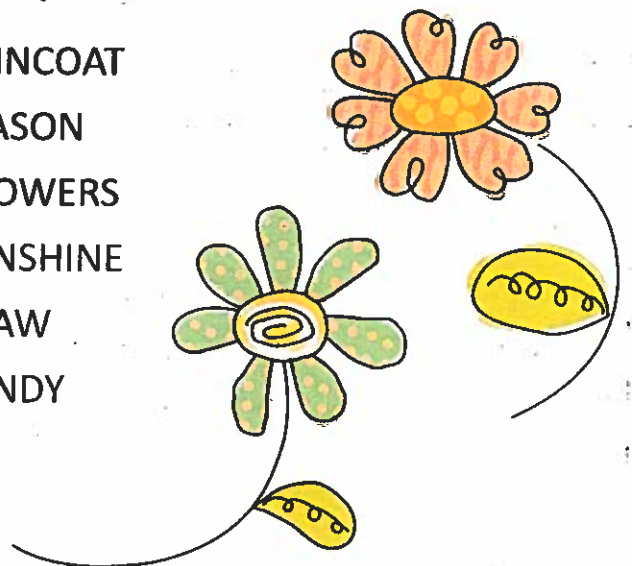
# Spring has Sprung



S	H	D	H	R	T	N	N	C	T	S	T	B	E	G
P	U	Y	A	T	O	N	L	V	E	H	A	S	E	M
B	O	I	A	S	R	E	A	H	I	D	O	U	B	A
W	N	L	A	C	A	I	S	L	S	U	C	N	M	R
L	I	E	L	N	I	O	B	R	P	C	N	S	O	C
A	S	N	I	I	L	N	E	C	T	K	I	H	S	H
O	S	N	D	A	W	W	I	H	P	L	A	I	S	B
F	G	O	G	Y	O	O	A	T	G	I	R	N	O	O
S	G	G	E	H	X	W	G	G	H	N	H	E	L	R
F	W	F	S	R	A	B	B	I	T	G	X	U	B	N

Looking for words associated with Spring. They may be spelled forward, backward, downward, upward, or diagonally.

- |           |            |           |
|-----------|------------|-----------|
| ■BEE      | ■FOAL      | ■RAINCOAT |
| ■BIRTH    | ■GALOSHES  | ■SEASON   |
| ■BLOSSOM  | ■HYACINITH | ■SHOWERS  |
| ■BORN     | ■MARCH     | ■SUNSHINE |
| ■BUD      | ■PLANT     | ■THAW     |
| ■CLEANING | ■POLLIWOG  | ■WINDY    |
| ■DUCKLING | ■RABBIT    |           |
| ■EGGS     | ■RAIN      |           |





# 6 Cardio Exercises You Can Do At Home

It's never too late to bring more strength, stability and power in your life.

It's really not a sensible move to spend extra cash for keeping your health fit when home **cardio exercises** can support you in much better way. Performing cardio exercises at home is an attractive and convenient to imply option for all to save their time and money. Moreover, no extra space and equipment is needed for these exercises. But question is how to create effective workouts at home which will help getting you in good shape, burn extra calories and of course reduce the weight.

**Workout at home** is the best possible solution for people even those with weak cardio health. Here are some home cardio exercises.

## 1. Bear Crawls:

Though crawling is not a part of one's routine of life but it's necessary exercise. It helps in strengthening your midsection and stabilizing the spine area. From sideways to front bear crawl, both help in building strength and muscular endurance in your shoulders, triceps and chest.

## 2. Mountain Climbers:

This dynamic exercise helps to increase your core strength and stability. In this exercise you lower body part will come in repeated motion contrasting to upper part which works in stabilizing the rest of the body. It's one of the best fitness exercises to improve cardiovascular endurance.

## 3. Squat Jumps In 'n Out

This plyometric exercise is useful for developing more power in your legs and also helps in calories burn. It targets the glutes, quads, calves plus hamstrings and helps increasing your lower body power and coordination.

#### 4. **Jump Rope**

This is actually a warm-up exercise but you can incorporate it in your **cardio exercises at home**. It's a full-body exercise which aids in developing foot work, agility together with speed. In addition, it's useful in improving exerciser's cardiovascular coordination and endurance.

#### 5. **Jumping Jacks:**

It involves your calves, quads and shoulders, so you must land on your feet softly. It's a full-body dynamic exercise which helps in increasing your body strength along with the aerobic capacity.

#### 6. **Crunch:**

It's a basic body-weight and strength training exercise which involves your abs and hips. Also termed as a six pack muscles, this exercise causes flexion along with placing stress on rectus abdomen and therefore it's quite an effective workout for abs.

There are so many other exercises you can do but try to be consistent and exercise daily. If you do not build a regular exercising routine then you might face certain health issues. Extensive workout can cause cardiac problems but with mild **fitness exercises** one can definitely control them. Women can also do these exercises.

**Keep Enjoying The Blessings Of Fitness In Your Life!**