

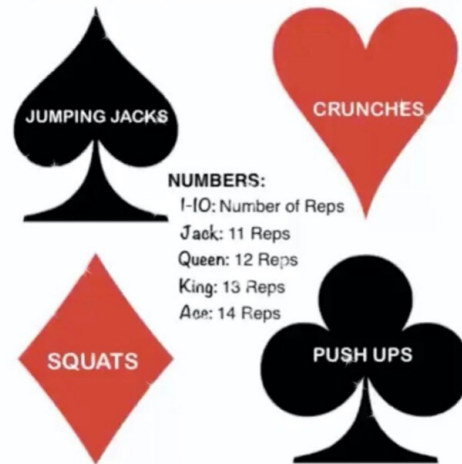
# WELLNESS

The Official "Wellness Wednesday" Newsletter

## Exercise for Wellness



### DECK OF CARDS WORKOUT



52 ideas for a quick intense workout

Mrs. Abbatiello's  
Welcome

Exercise Links  
and Playlists

Counselor's Corner  
Student's Corner  
Beowulf's Corner  
Coaches's Corner

Resources

PRESENTED TO  
YOU BY MRS.  
ABBATELLO

### BENEFITS OF EXERCISE ON STRESS

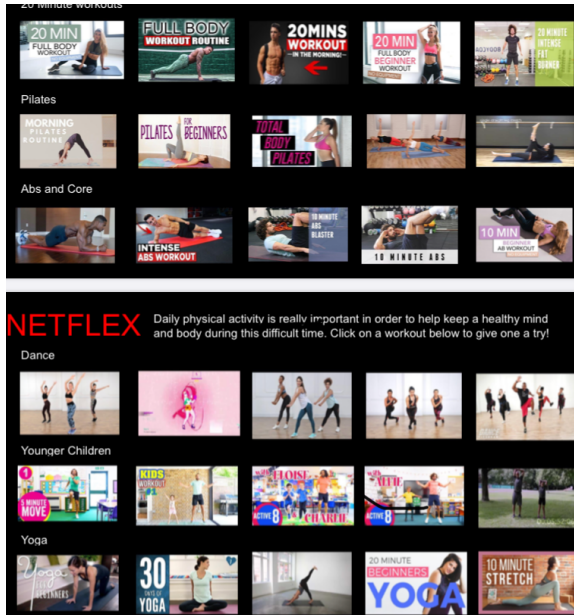
How does exercise help control our stress? When is the best time to workout? What activities can we perform while at home and still get the same health benefits? The fact is, the new normal means we cannot workout with our teams at practice or with our friends during P.E. class. So how can we make it work?



[Click Here for Power Point  
Presentation](#)

# Abbatiello's Workout Playlist

(always make sure you consult with your parents before trying these workouts!):



20 Minutes Videos for daily exercise

[Click Here for the link](#)

## Workouts on You Tube

Amazon Prime  
workouts

Amazon  
Workouts  
-part 2



## COUNSELOR'S CORNER WITH MRS. TREMAROLI



[Click Here](#)

## STUDENT'S CORNER WITH ALEXIA GARCIA

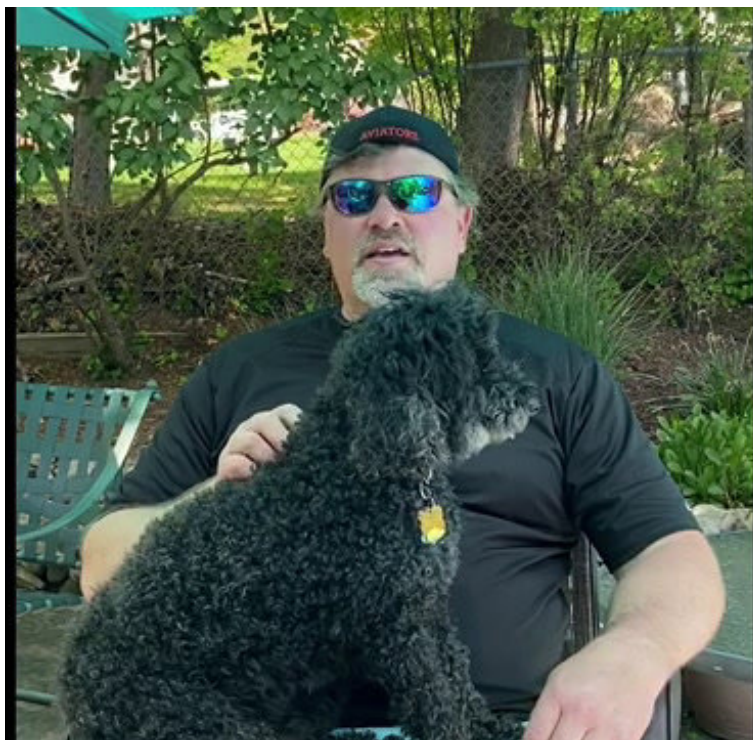


[Click Here](#)

**Alexia Garcia**



# Exercising with Beowulf



Special Guest Star J. Van Dam  
[Click Here](#)

## **Coaches's Corner - Tennis**

[Click Here](#)



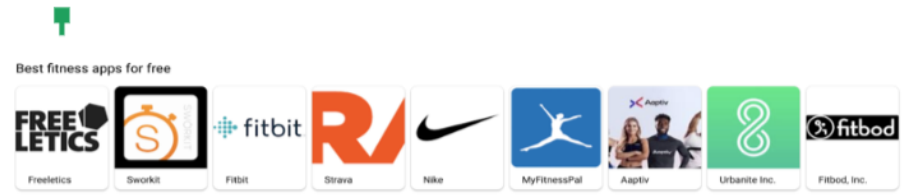
# Resources

New York Times Fitness Article

Fitness Journal

Parent Resources

**GREAT APPS TO HELP YOU WORKOUT AND STAY MOTIVATED!**



## **TIPS**

- Set a time aside if you want to exercise. The same time everyday.
- Create a space in your home or possibly your backyard to exercise.
- Do not sit too long at your desk or in the same position while doing virtual learning, get up and walk around the house and take breaks. This will help get the blood flowing and reduce stiffness.
- Most importantly get good music to help you get through it!

1. <https://www.nike.com/ntc-app> "this is my favorite! I use it when I can't go to the gym!"
2. [https://play.google.com/store/apps/details?id=com.ubisoft.dance.JustDance&hl=en\\_US](https://play.google.com/store/apps/details?id=com.ubisoft.dance.JustDance&hl=en_US)
3. <https://apps.apple.com/us/app/tabata-timer-and-hiit-timer/id664563975>
4. <https://apps.apple.com/id/app/map-my-fitness-by-under-armour/id298903147>
5. <https://apps.apple.com/us/app/sworkit-fitness-workout-app/id527219710>
6. <https://apps.apple.com/us/app/i-j-official-7-minute-workout/id784797900>

# School Information

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<https://twitter.com/HHvarsitysports>

<https://twitter.com/HHCounselors>

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