



Improve your well-being and health with our

MINDFULNESS & EXERCISE GUIDE

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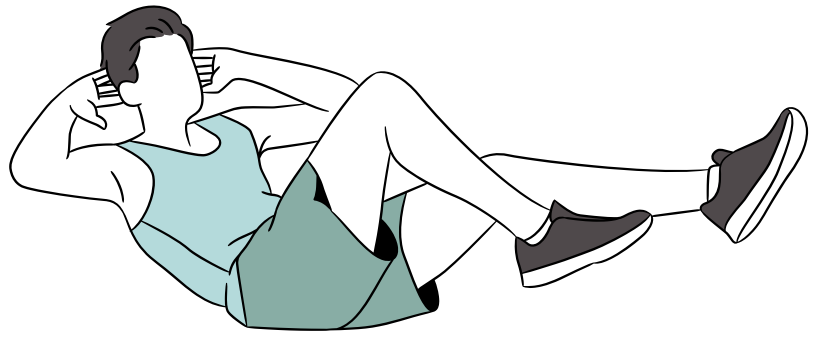
INTRODUCTION



This exercise guide contains demos of aerobic, anaerobic, and mindfulness activities for beginners. Stay tuned to discover how to perform workouts and take better physical and mental care of yourself!

Being physically active can boost mental health, help in weight management, lower disease risk, improve bones and muscles, and better your ability to perform daily tasks. There are health benefits for adults who sit less and engage in any amount of moderate-to-vigorous physical activity.





AEROBIC EXERCISES



WHAT IS AEROBIC EXERCISE?

Aerobic exercise provides cardio training. Aerobic literally means "with oxygen," which means that breathing regulates the quantity of oxygen that can reach the muscles to assist them in metabolizing fuel and moving.



AEROBIC BENEFITS

"Aerobic exercise performed regularly is nature's best physiological tranquilizer." - Dr. Kenneth Cooper

1. Lowers blood pressure
2. Keeps the heart healthy and strong, and increases the functional capacity of the cardiovascular system
3. Improves the functional capacity of the lungs
4. Helps control blood sugar levels
5. Lowers resting heart rate
6. Increases high-density lipoprotein (HDL) cholesterol, also known as the “good” cholesterol
7. Helpful in weight loss and/or weight management
8. Activates the immune system and may make it less likely to develop a viral illness, such as the flu
9. Improves self-esteem and ability to cope with anxiety and stress



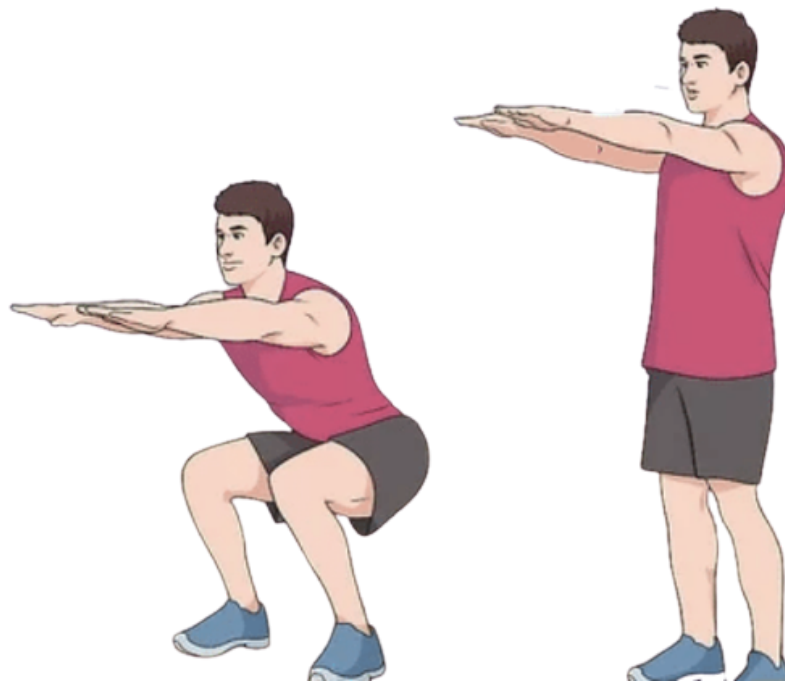
AEROBIC EXERCISE #1



High knees:

1. Get into a standing position
2. Lift knees one at a time. Make sure thighs are parallel to the floor
3. Repeat at a fast pace for about 2-3 minutes

AEROBIC EXERCISE #2



Squats:

1. Get into a standing position with feet at hip distance apart
2. Hips, toes, and knees should be facing forward
3. Bend the knees and move the hip back as if getting into a sitting position. Make sure to keep knees behind toes and keep weight on the heels
4. Rise up and repeat steps 1-3. Aim for 3 sets of eight to 12 reps

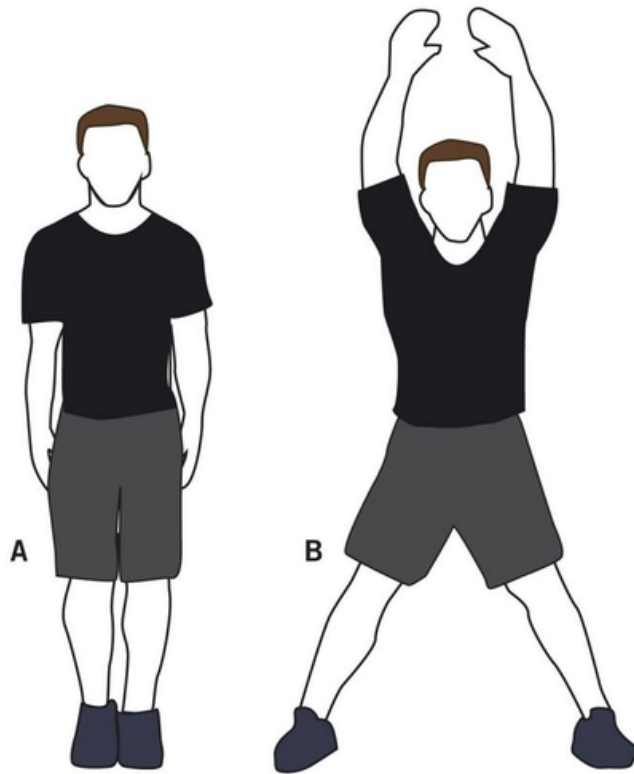
AEROBIC EXERCISE #3



Forward Jump Shuffle Back:

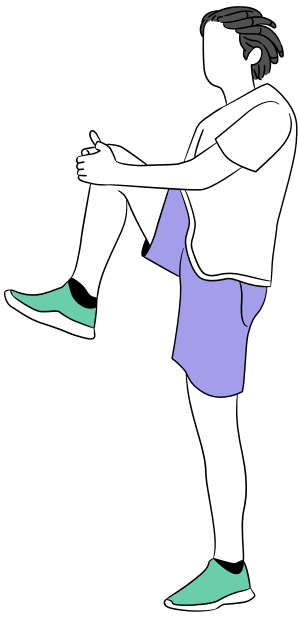
1. Get into a standing position with your arms at the sides of your body, hips low, and your feet shoulder-width apart
2. In order to create momentum, extend both arms back and jump forward
3. Shuffle back to the position you were in the first step and repeat the set for about 20 times

AEROBIC EXERCISE #4



Jumping Jacks:

1. Get into a standing position with legs together and both arms at your sides (Figure A)
2. Bend both knees slightly & jump into the air
3. When jumping, spread both legs to be shoulder width apart and stretch both arms out and above head (Figure B)
4. Jump back into the initial position
5. Repeat about 10-15 times



ANAEROBIC EXERCISES



WHAT IS ANAEROBIC EXERCISE?

Anaerobic exercise is a type of exercise that breaks glucose in the body without the need of oxygen; anaerobic means "without oxygen." In concrete terms, this means that anaerobic exercise is more intense but shorter than aerobic exercise.



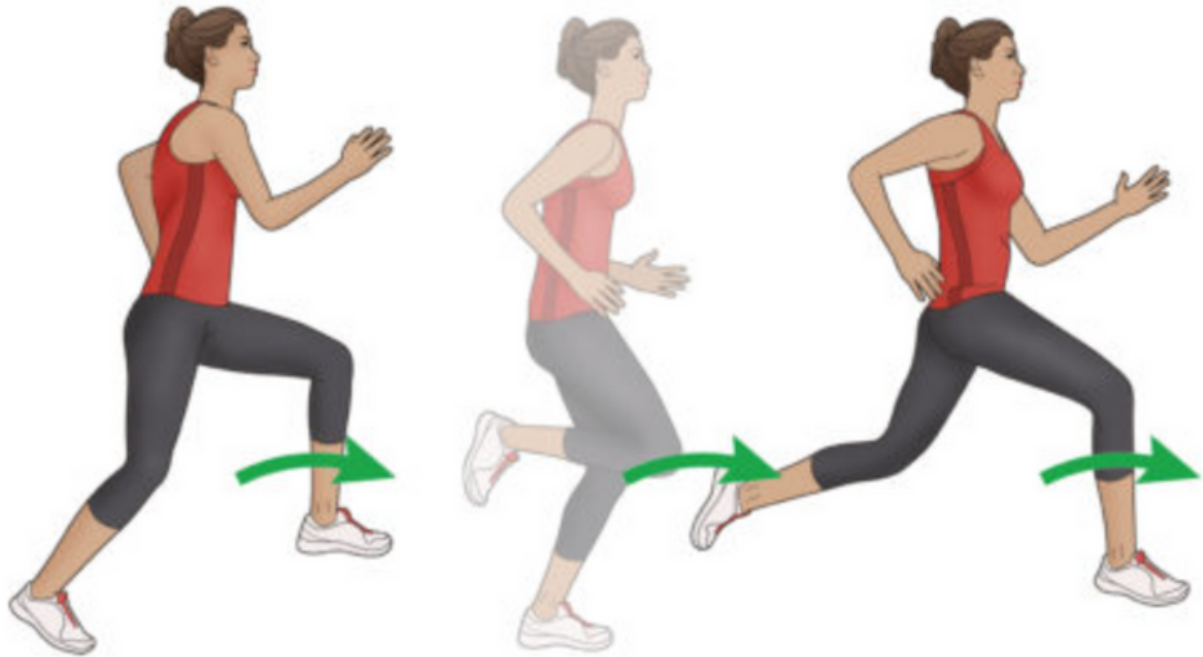
ANAEROBIC BENEFITS

"Exercise not only changes your body, it changes your mind, your attitude, and your mood." -

Unknown

1. Improves cardiovascular endurance
2. Increases the strength and density of your bones
3. Helps control lactic acid more effectively and maintain a healthy weight
4. Increase your power
5. Helps boost metabolism as it builds and maintains lean muscle
6. Reduces your risk for diabetes and heart disease
7. Increases your body's ability to store glycogen (what your body uses as energy)
8. Enhances lower limb flexibility

ANAEROBIC EXERCISE #1



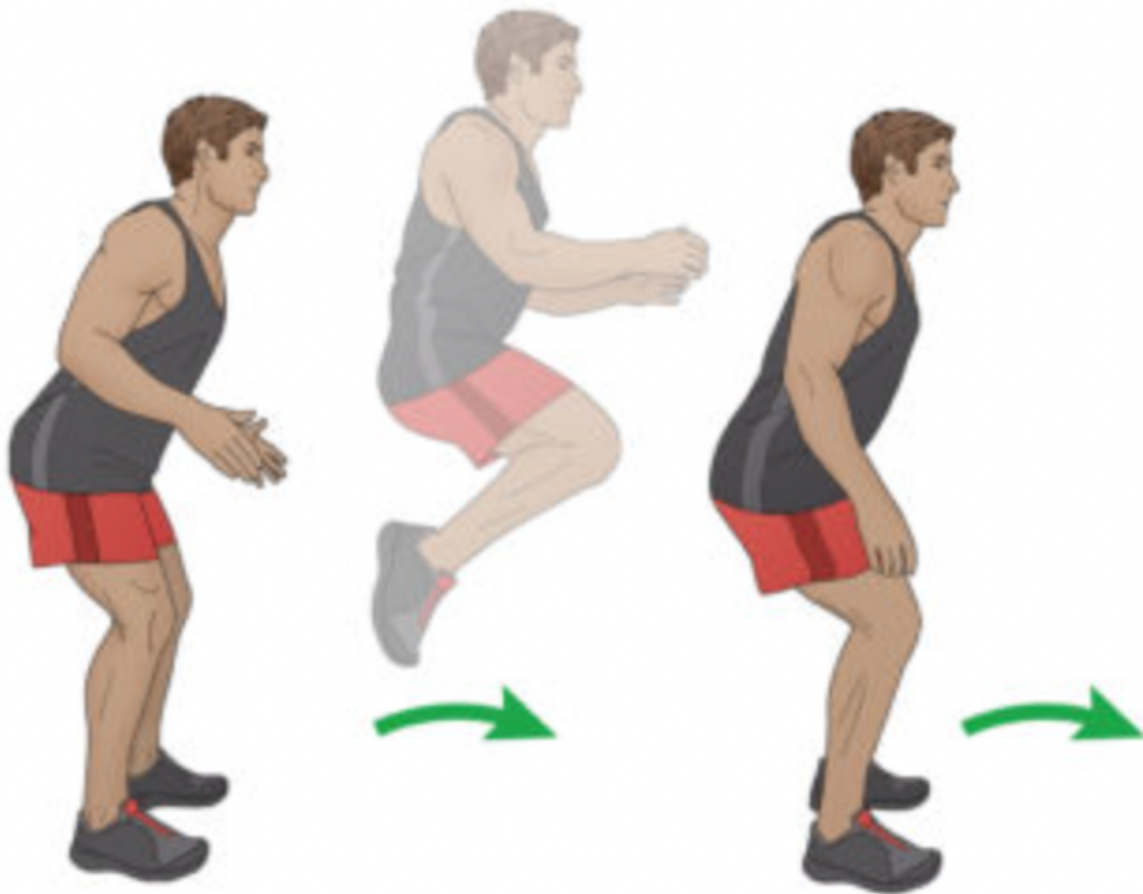
Alternate leg bounding:

1. Stand with both of your feet together
2. Jump as high as you can off of your left foot and quickly land on your right foot
3. Alternate the foot you jump off and land on every time
4. Repeat for 2-3 minutes

Tips:

1. Throw your arms up as you jump to help propel you upwards and forward
2. Land as softly as you can

ANAEROBIC EXERCISE #3



Double leg bounding:

1. Start by standing with your feet slightly more than shoulder-width apart
2. Bend at the knees to lower yourself into a squat position, then immediately jump forwards off both legs
3. Aim to jump as far as possible, using your arms to propel you forwards
4. Go directly into your next bound for a total of five bounds

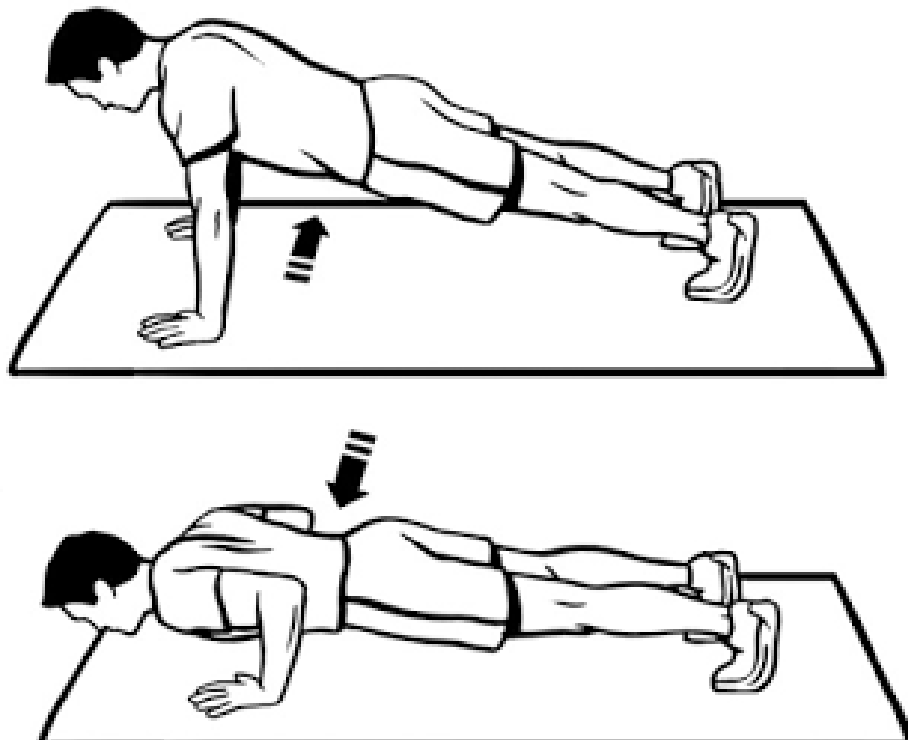
ANAEROBIC EXERCISE #2



Jump Squat:

1. Start with your arms by your side, feet shoulder width apart, head up, and back straight
2. Keeping your back straight and chest up, squat down as you inhale until your upper thighs are parallel, or lower, to the floor
3. Jump straight up in the air as high as possible
4. When you touch the floor again, immediately squat down and jump again
5. Repeat for about 10-15 times

ANAEROBIC EXERCISE #4

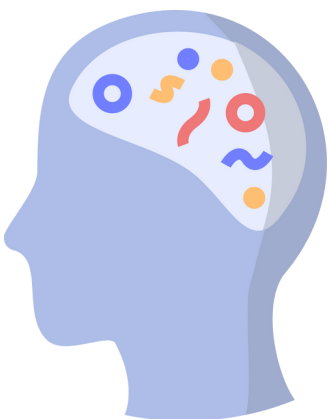


Pushups:

1. Start face down with your hands directly under your shoulders (or slightly wider), fingers pointed forward
2. The balls of your feet and toes should be on the floor or your knees
3. Slowly lower yourself, keeping your core tight until your chest reaches the floor
4. Pause for a breath
5. Push yourself back up until your arms are straight and repeat



MINDFULNESS PRACTICES



WHAT IS MINDFULNESS?

Mindfulness is a therapeutic state obtained by concentrating one's awareness on the present moment while gently observing and accepting one's feelings, thoughts, and bodily sensations.



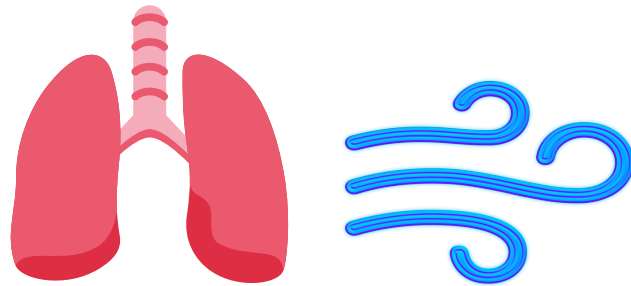
MINDFULNESS BENEFITS

1. Increases physical, mental, and emotional wellbeing
2. Good for the heart and lowers the risk of heart disease
3. May decrease signs of cognitive decline in those who have Alzheimer's or the aging
4. Improves the immune response
5. Reduces cell aging
6. Reduces anxiety
7. May prevent and treat depression
8. Increase Body Satisfaction



MINDFULNESS PRACTICE #1

Two Minute Breathing Exercise



1. Settle. Begin by taking a moment to settle in a comfortable position. You can close your eyes or look down to limit visual distractions.
2. Relax. See if you can notice any areas of physical tightness or tension. That might mean dropping your shoulders, wiggling your fingers, loosening your jaw, softening the muscles around the eyes, or relaxing the belly.
3. Check-in. Noticing where your body touches the ground or the chair. What does it feel like to have the weight of gravity pulling you down?
4. Breathe. Inhale through the nose, and exhale through the mouth.
5. Notice. Observe the pause in between each inhalation and exhalation. Notice the sensation of the air as it passes through the nostrils and mouth. You might even notice the belly rising and falling with each inhale and each exhale.

MINDFULNESS PRACTICE #2



Gratitude Meditation

1. Reflect on something small. Pick one simple thing to notice in this moment - whether internally or externally. It could be the sight of a tree in the distance. The feeling of a warm cup in your hand. Feel a sense of gratitude in your body for this.

2. Reflect on a stranger. Someone you don't know personally, but has impacted your life in some way. It could be a bus driver, the greengrocer, or the author of the book you're reading. Again, invite a sense of gratitude towards this person.

3. Reflect on something you're grateful for today. Something that made a difference to you. The smile of a stranger, someone's kind words or a selfless act. Feel the appreciation and gratitude for this.

MINDFULNESS PRACTICE #3



Mindful Listening

1. Settle the body. Get into a comfortable position and tune into the body - the sensation of the breath and your contact with the ground.

2. Let sounds pass through. Practice noticing the sounds around you without labeling or judging them. Don't try to make sense of the sounds. Simply allow them to happen.

3. Let thoughts pass through. As thoughts inevitably begin to arise, view them in the same way you view the sounds occurring around you. They come and go, and you don't need to attach a label to them or try to interpret them.

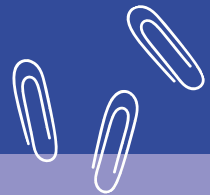
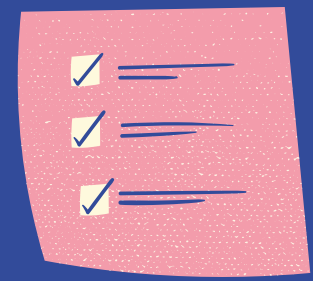
MINDFULNESS PRACTICE #4



Body scan:

1. Lie on your back with your palms facing forward and your legs straight
2. Focus on deeply and slowly breathing in through your nose and out through your mouth for a few breaths
3. Focus on how that feels, then shift your focus to how your body feels
4. Slowly begin to focus on each part of your body starting from head to toe, one at a time
5. Then reverse the order
6. Be aware of your thoughts, feelings and sensations with each body part

WEEKLY WORKOUT CALENDAR TO FEEL GOOD EVERYDAY



Monday

Remember: Anything is better than nothing!

Start your week off with Capital Clubhouse's personal playlist.

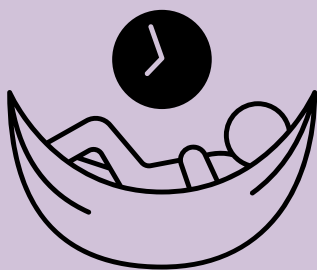


Tuesday

Choose 2-3 aerobic exercises

Wednesday

Rest Day

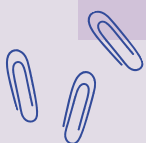


Thursday

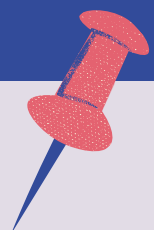
Choose 2-3 anaerobic exercises

Friday

Rest and relax!
Choose 2 mindfulness exercises



MORE TIPS AND RESOURCES NEXT





RESOURCES

Spotify Playlist Curated for Capital Clubhouse Members:

<https://open.spotify.com/playlist/1kcYKZZjMrJdO7b7LimYVP?si=68e9426ff44d4c56>

90's Clean Workout Spotify Playlist:

<https://open.spotify.com/playlist/37i9dQZF1ElgGxyBEwuqYT?si=0e676daff0974cdf>

Yoga and Meditation Spotify Playlist:

<https://open.spotify.com/playlist/37i9dQZF1DX9uKNf5jGX6m?si=eee89264763f4377>



80's Workout Apple Music Playlist:

<https://music.apple.com/us/playlist/80s-workout/pl.cb828482b0e14db88a2854a48f77e364>

Meditation Apple Music Playlist:

<https://music.apple.com/us/playlist/pure-meditation/pl.e896478fdf824a93ab2f99165c3a1422>



15-minute Easy Guided Workout:

<https://www.youtube.com/watch?v=GB9oSPu000A>

30-minute Intermediate Guided Workout:

https://www.youtube.com/watch?v=rI_6l992GrA

Youtube for Mindfulness:

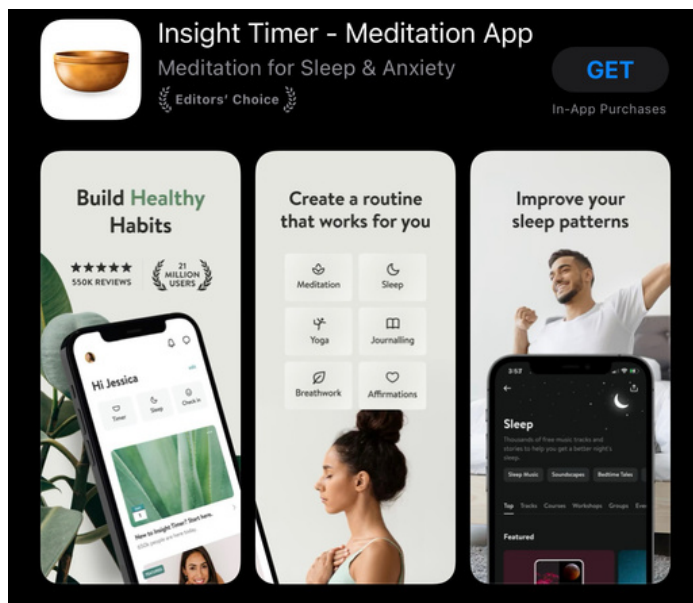
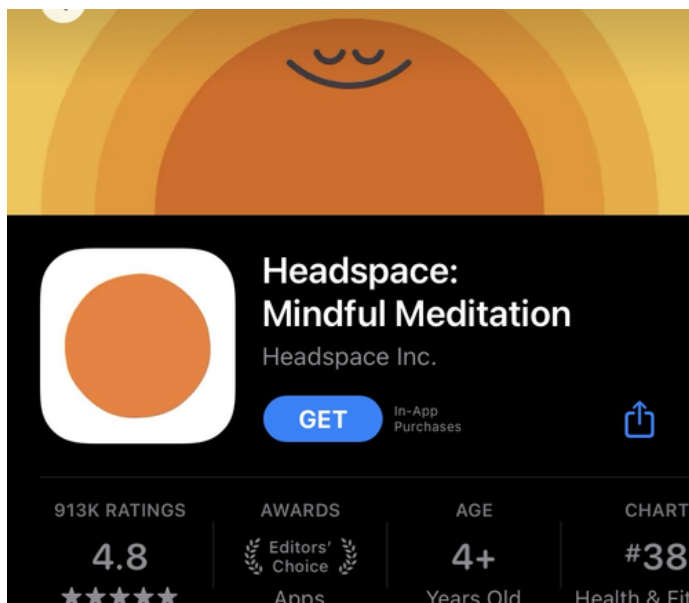
<https://www.youtube.com/c/TheMindfulMovement/>





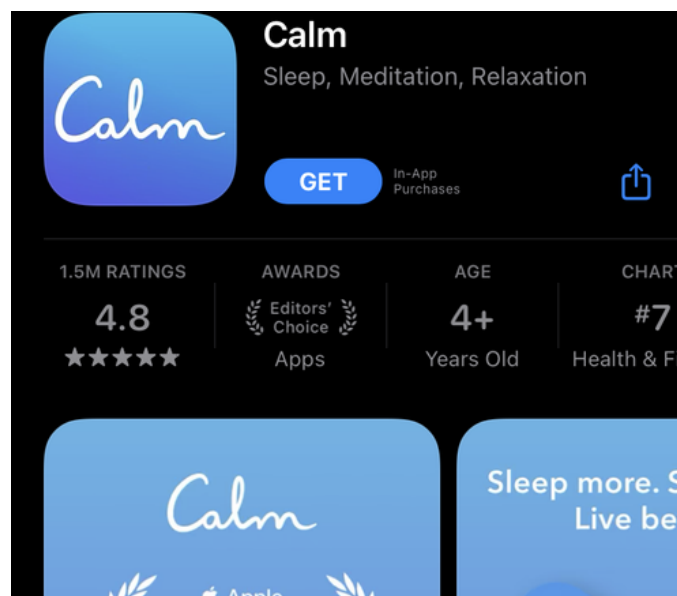
RESOURCES

Free exercise apps



Headspace: Mindful Meditation

Insight Timer: Meditation App



Aerobic Exercise

Calm

QR Code to Access virtual guide

