

# Rediscover Health & Wellbeing Challenge

Yoga can relax a distressed gut in several ways. Not only does breathing activate the parasympathetic nervous system (“rest and digest”), but yoga also teaches you how to embrace breathing as you explore various positions. Most yoga sequences end with relaxation, which you can think of as “resetting” the gut-brain axis. When it comes to the type of exercise, your gut microbiome likes whatever you do! As long as you’re moving your body often and getting your heart rate up for at least thirty minutes most days.

Name: \_\_\_\_\_

## Personal Calendar



### My Total Points

(earn up to 20 points)  
5 Points for each Weekly Activity!

MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	 <input type="checkbox"/> 3  <input type="checkbox"/>	4	5	6	7
8	9	 <input type="checkbox"/> 10  <input type="checkbox"/>	11	12	13	14
15	16	 <input type="checkbox"/> 17  <input type="checkbox"/>	18	19	20	21
22	23	 <input type="checkbox"/> 24  <input type="checkbox"/>	25	26	27	28
29	30					

# APRIL 2024

### Pick one activity weekly.

You may switch up your activity each week!  
(i.e. April 3rd yoga then April 10th walking)



## YOGA

April 3 @ 4:45 - 5:15 PM & 5:40 - 6:10 PM  
Training Room - Government Center

April 10 @ 4:45 - 5:15 PM & 5:40 - 6:10 PM  
Training Room - Government Center

April 17 @ 4:45 - 5:15 PM & 5:40 - 6:10 PM  
Training Room - Government Center

April 24 @ 4:45 - 5:15 PM & 5:40 - 6:10 PM  
Training Room - Government Center

*Wear comfortable clothes, bring a yoga mat if desired and water.*

## OR



## WALKING

If you are not a yoga enthusiast, you can walk for **at least 30 minutes** any time on **Wednesdays** at your convenience. The location identified will be at the new bike/walking trail, Tank Trail (if you walk down and back this is 2.60 miles). The Tank Trail is located by St. James Catholic Church in Aitkin behind Paulbeck’s County Market.