

# 8 THINGS RESILIENT PEOPLE DO

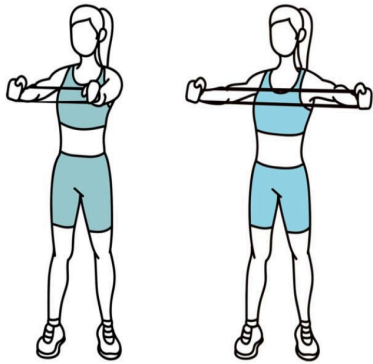
*(TO BOUNCE BACK & MAXIMIZE HEALTH)*

Credit: YouTube (Psych2Go)

- 1. Stay flexible - open to new opportunities**  
*(make the best out of a situation)*
- 2. Practice patience & kindness**  
*(have compassion for yourself and others)*
- 3. Be generally optimistic**  
*(focus on the positives vs. the negatives)*
- 4. Focus on the present**  
*(move on and learn from your mistakes)*
- 5. Value/build good relationships**  
*(have a strong support system)*
- 6. Know and consider your limits**  
*(ask for help; let others help you)*
- 7. Don't take things personally**  
*(move forward; learn how to handle rejection)*
- 8. Spend quality time alone**  
*(helps sort out your feelings; get insight)*

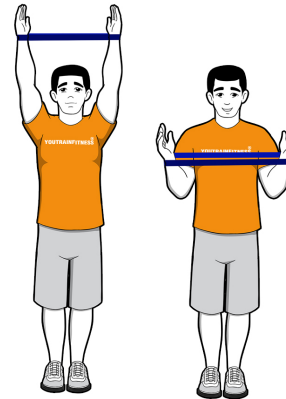
# Resistance Band Exercises

## Horizontal Arm Extension



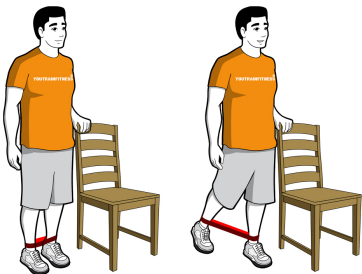
- Stand up straight with your feet slightly apart, and the band around your wrists.
- Hold the band straight out in front of you. Keeping your arms straight, slowly open your arms outwards as far as possible.
- Repeat for 10-20 reps.

## Lat Pull Down



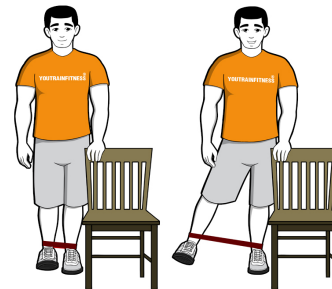
- Place band around your wrists, lift your arms above your head, and stretch your band so your hands are further out than shoulders.
- Keep the tension on the band while bringing your arms down as shown.
- Repeat for 10-20 reps with continued tension on the band.

## Hip Extension



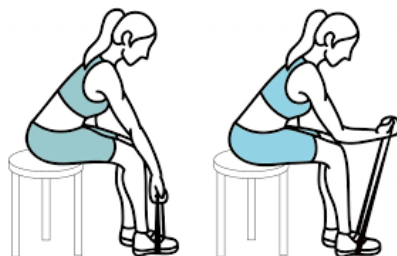
- Stand next to a chair for support and place the band around your ankles.
- Slowly lift your right foot off the ground and raise it behind you as far as possible. Pause at top of movement.
- Slowly bring foot back to starting position. Repeat for 10-20 reps. Switch legs and repeat another 10-20 reps.

## Hip Abduction



- Stand behind a chair for support; place the band around your ankles.
- Slowly lift your right foot off the ground and out to the right. Pause at top of movement, and then return to starting position.
- Repeat for 10-20 reps. Then switch sides and repeat for another 10-20 reps.

## Arm Curl



- Sitting down in a chair, place one foot inside the loop of the band and hold the other end in your hand (on the same side).
- Start with forearm in the horizontal position, resting against your thigh.
- Curl arm upwards toward your shoulder (as far as you can), then bring back down. Repeat for 10-20 reps.

# SAFETY TIPS & NOTES

- Resistance bands are helpful tools to build strength, but if not used properly may cause injury. Please use caution and make sure you are cleared for exercise by your primary care provider.
- Before exercising, inspect bands for safety (e.g., holes, rips or torn bands).
- NEVER release a resistance band while under tension and do not pull a band more than 2 to 2.5 times its length.
- The bands vary in resistance level from extra light (green) to extra heavy (black). Start with a lighter resistance band first and work your way towards a higher resistance.
- Start by slowly pulling on the resistance band and gradually increasing your strength.
- Remember to breath and progress slowly.
- Use the pictures as a guide; the exercises can be adapted as needed using the TX STRIDE bands provided.

# STAYING HYDRATED

## Benefits of Staying Hydrated

- Helps to prevent fatigue
- Supports concentration
- Aids digestion
- Carries nutrients throughout the body
- Helps regulate body temperature



## Symptoms of Dehydration

- Headache, tiredness, and/or fatigue
- Dizziness/light-headedness
- Dry mouth
- Constipation
- Dark-colored urine

## SO HOW MUCH WATER SHOULD I DRINK?

A starting guideline is to drink at least half your body weight in fluid ounces of water each day.



**Example:** A 200-pound person would need about 100 oz. of water/day. That's four TX STRIDE water bottles.

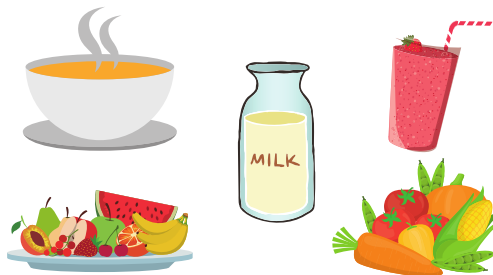
### REMEMBER!

- Exercise and hot temperatures increase our fluid needs!
- If you're not used to drinking this much water, aim to increase slowly.

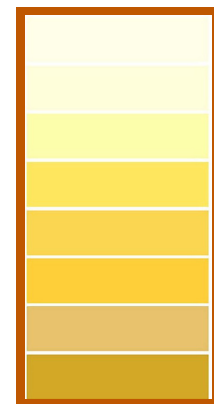
## Tips For Staying Hydrated



Keep a water bottle near you, and aim to sip consistently throughout the day.



Consume hydrating foods and beverages! Fruits, vegetables, soups, smoothies, milk, etc. all contribute to hydration!



Monitor your urine color. A good goal is to have it be a light lemonade color. If it looks more like apple juice, you're likely dehydrated!

# SNACK IDEAS

Aim to pair a protein with a carbohydrate at snacks. Snacks help us maintain our blood sugar, provide energy, and help us stay satisfied between meals. Think of snacks as our "energy extenders!"



Apple

+



Nut Butter



Yogurt

+



Granola



Nuts

+



Raisins



Pretzels

+



Hummus



Banana

+



String Cheese



Cheese Toast



Hard Boiled Egg

+



Granola Bar