

Ocean View At Falmouth

Volume 1



Virtual Fitness Newsletter

Filled with tips, workouts, entertainment, and more!



One Positive Story From This Week

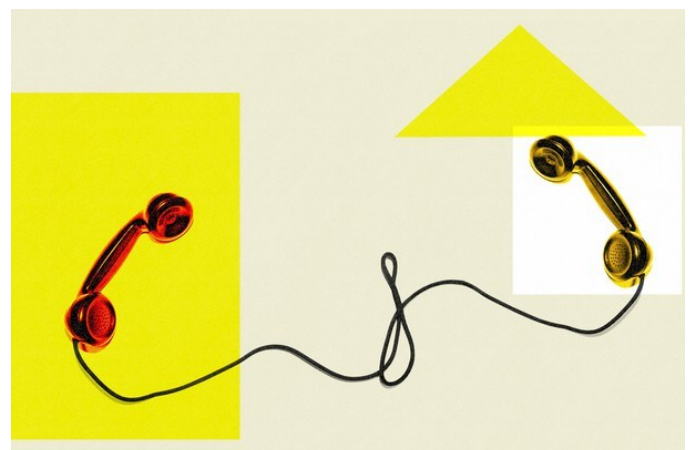
Tony Colley: B12Give

Tony Colley has launched the first barrier-free food diversion program in Canada. His organization, B12Give, saves the leftover food from catering events and donates it to homeless shelters and food pantries.

Colley says he was inspired to start B12Give after he began working for a catering company. He was heartbroken to see how much food was wasted after each event.

So far, Tony has picked up and delivered more than 11,000 pounds of surplus food to charities.

[Watch Full Interview Here](#)



One Tip to Stay Social

Stay Connected

It's important to remember we are all in this together and it's more important than ever to stay in touch with friends and family.

Let's all strive to stay socially active one way or another.

Here are some tips:

Call, email, text or use social media to connect with others (family, friends, neighbors or the fitness team!)

Use your smartphone to talk face-to-face with friends or loved ones with FaceTime, Google Duo, Zoom, or Skype

Use the radio, TV, or internet to keep up with local, national, or global news

Food and Entertainment



Four Ingredient Sheet Tray Bake

Ingredients:

- 1 Protein (chicken, salmon, or steak)
- 1 Veggie (Brussels sprouts, broccoli, cauliflower, or onions)
- 1 Potato (any kind)
- Cooking oil (olive oil, canola oil, or coconut oil)

Instructions:

Grease a sheet tray with olive oil or cooking spray, or line with non-stick foil

Chop your veggies and potatoes, place into a bowl, and mix with olive oil and spices of choice

Place your veggie mixture on one side of the tray, and your protein on the other

Drizzle your protein with olive oil and other desired spices

Bake at 375 degrees for 30 minutes and enjoy!

Watch This!

This Week's Entertainment Picks

Jameson's Picks

[Great British Baking Show](#) **N**

[Loving Vincent](#) **hulu**

Ross's Picks

[Somebody Feed Phil](#) **N**

[Expedition Unknown](#) **hulu**

Christina's Picks

[Parks and Rec](#) **N**

[RBG](#) **hulu**

Practicing Social Distancing

On Sunday afternoon, Jameson [took his son out for a walk](#) to teach him about social distancing.

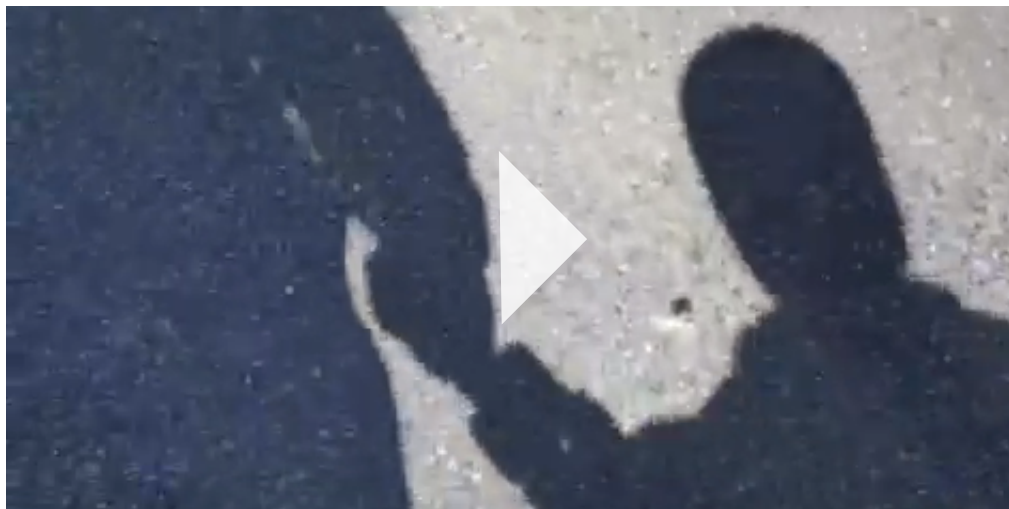
Social distancing is the idea to maintain a distance between you and other people -- in this case, at least six feet.

That also means minimizing contact with people.

Governor Mills is currently prohibiting groups of 10 or more people in non-work situations.

But this doesn't mean you have to stop being social.

You can still call up a friend, video chat, participate in a "watch party" where everyone tunes in at the same time to watch the same movie or TV show.



3 Moves You Can Use

This week, Christina and Jameson demonstrate three exercises that require nothing but a chair. Click on each picture for full instruction.

Have more questions? You can call the fitness team during the week between 8:00 AM - 4:00 PM using extension 208!

Goal Post Rotations



First, we will start with a mobility drill for our shoulders.

-Bring the elbows level to the shoulders

-Open up, stacking the elbows over the wrists

-Repeat 10 times

Reverse Fly



Next up, Christina talks us through how to properly execute reverse fly. This exercise works the back of the arms and helps with posture

-Repeat 10 times

Seated Figure Four Stretch



Lastly, Jameson will guides us through a stretch for the hips.

Be sure to:

-Keep the core braced

-Hold for 20-30 seconds each side

-Breathe!