

"Unwind and Unleash Your Creativity 🎨"

Take a break from the hustle and bustle of the season with today's mental challenge: Christmas coloring pages. Coloring isn't just for kids—it's a proven way to calm your mind, reduce stress, and re-center. Whether you have 5 minutes or 30, pick up your favorite pens, pencils, or crayons, and get creative!

Bonus tip: Play your favorite holiday music while you color to make this a truly festive, relaxing experience.

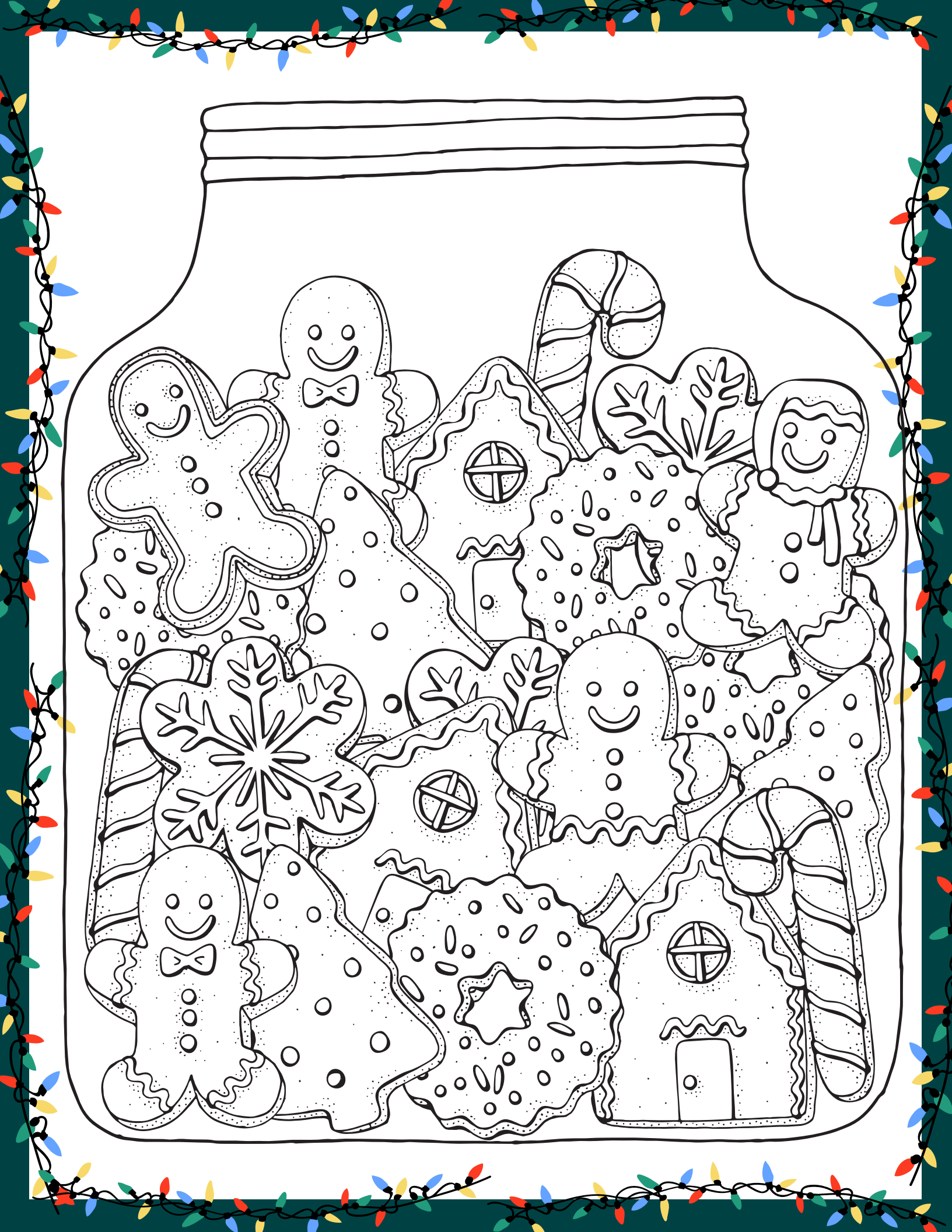
"Feeling Creative? 🎨"

To add a little extra holiday cheer, I'm raffling off an art kit! Want in? Snap a picture of your completed coloring masterpiece (You only have to do one) and send it to me via email or text (704)674-0361. Whether you go bold, simple, or completely outside the lines, I want to see your creativity shine!



Merry Christmas!





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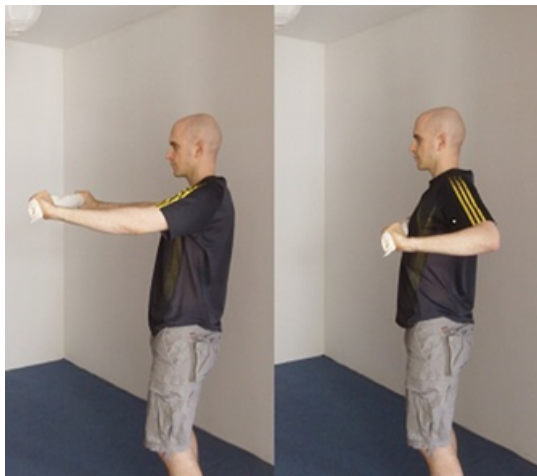
Towel Power: Full-Body Strength with Just a Towel

Who needs fancy equipment when you've got a towel? Today's challenge proves that you can get a full-body workout anytime, anywhere, using nothing but this simple household item. It's functional, effective, and perfect for squeezing in movement wherever you are.

Want to take it up a notch? Email me if you'd like me to swing by your department for a quick towel workout session—I'd be happy to lead the way!

Exercise 1: Static Overhead Chair Squat with Towel:

This is a great core exercise. You will need a towel and chair. The idea is simple. Place a chair behind you and hold the towel over your head tight as shown in the picture. You want your towel directly above your head in line with your ears. To complete the exercise, do your best to sit in the chair and stand back up. Pay close attention to the towel as you want the towel to remain unmoved throughout the move. The tendency is as your squatting, the towel will move forward. You want to try to keep the towel as vertical as possible through the entire move. A modification would be instead of sitting, only do a half squat, still focusing on the towel staying perfectly vertical. An advanced variation would be the same movement without the chair. Please master the chair variation before attempting the more advanced move without a chair. As always, if you're not comfortable with this move, skip it and move to the next exercise.



Exercise 2: Standing chest press / Row

To do a standing chest press/row, you need to grab your towel (or a rolled up t-shirt) with both hands at either end and hold it at your breastbone. Extend your arms in a slow controlled manner and then pull the towel toward your torso in a rowing motion. The towel must be stretched as tight as you can. This is crucial; otherwise the exercise will not be effective. As long as the towel is held tight, you will feel the tension in your arms and your back. Perform 8 to 10 reps.

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Exercise 3: Overhead Shoulder Press

This is an excellent towel exercise for your upper back and shoulders. To do the pull back you need to grab a towel at either end in an overhand grip. Hold it with outstretched arms above your head. The towel has to be pulled tight. Slowly pull the towel in front of your head until it touches the front of your neck. You will feel the strain in your back and shoulders. Lift it back up above your head. Repeat the motion several times for a complete set.



Exercise 4: Overhead Shoulder Raise

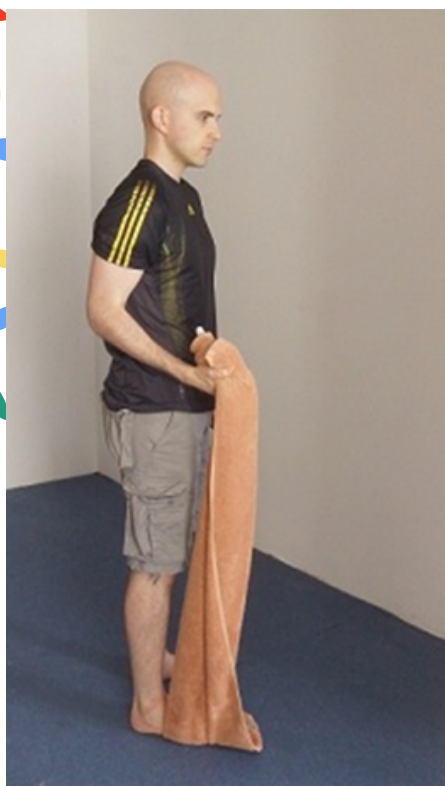
This is an excellent shoulder exercise. You begin by grabbing a towel at both ends in an overhand grip. Hold the towel in front of you at shoulder level and keep both of your arms straight. Bend your knees a bit and keep your head straight and your eyes forward. Slowly, lift the towel above your head. Make sure to keep your arms straight and the towel stretched as tightly as possible. Feel the tension in your arms and shoulders. If this isn't hard it means that the towel isn't stretched tightly. Slowly lower the towel back to the starting position and repeat.



Exercise 5: Single arm Triceps Pull

This exercise works the triceps. The way to do it is simple: you grab a towel in one hand and let it dangle down your back so that your arm is bent with your elbow behind your head. The other hand grabs the lower end of the towel and pulls it downward. You try to extend the upper arm by pulling on the towel with the lower arm serving as resistance. You may need to get a big towel to achieve a longer range of motion.

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Exercise 6: Static Biceps Curl

This is an isometric exercise for your biceps. You will need a big towel to do it. The starting position is simple: place one end of the towel on the floor and step on it with your right foot. Hold the other end of the towel with your right hand in an underhand grip. Stand straight.

Flex your biceps and curl the towel upward as far as you can. At the point of most resistance, hold the towel for 20 – 30 seconds. Release and repeat. Don't forget to work both arms equally

Towel Overhead Chair Pose Hold (Finish Strong)

Starting Position: Stand with your feet hip-width apart and hold a towel stretched taut between both hands. Extend your arms straight overhead, keeping the towel pulled apart to create tension.

Lower into Chair Pose:

Push your hips back and bend your knees as if sitting in an invisible chair. Keep your back straight, chest lifted, and weight in your heels. Your thighs should be as parallel to the floor as possible, and your knees should stay aligned with your toes.

Engage the Towel: While holding the squat position, pull the towel apart with consistent tension.

Focus on keeping your shoulders engaged and arms straight overhead.

Avoid shrugging your shoulders; keep them down and away from your ears.

Hold the Pose: Stay in this position for 20–30 seconds (or longer if you can). Maintain the tension in the towel and your legs, focusing on engaging your quads, glutes, core, and shoulders.

