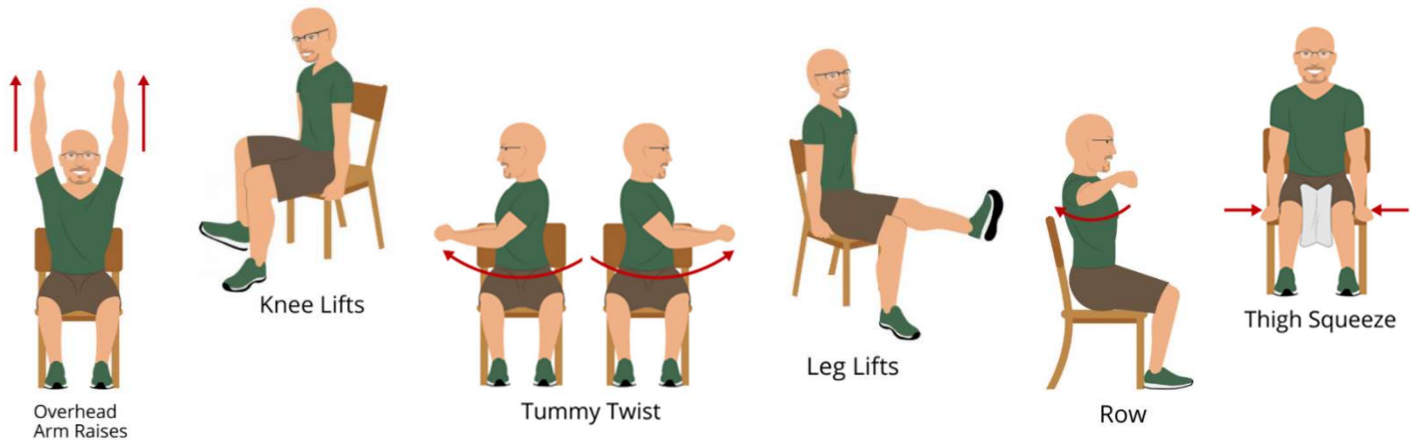


Mind and Body Wellness

- Mind-body practices like yoga and meditation can help reduce stress, lower blood pressure, and slow your heart rate.
- The best part is that these practices can be done by most people, even if you have physical limitations. You can start small and go at your own pace.

Getting Start with Gentle Yoga

Yoga comes in many styles and levels. You do not need to be flexible or experienced to begin. Chair yoga is a simple way to get started. You can do these beginner poses at home while sitting in a chair. Here are some easy chair yoga ideas you can try:



Who Can Do Yoga

- Yoga can be done by most people, no matter your age or ability. Everyone's body is different, so it is okay to adjust movements to fit what feels right for you.
- If a pose feels uncomfortable or you cannot hold it as long as others, that is okay. The goal is to move in a way that feels safe and comfortable, not to push past your limits.

Where to Learn Yoga:

You can learn yoga in different ways:

- In-person classes at fitness centers or community programs
- Online videos or live classes
- On your phone or tablet using apps

If you are just starting out, learning with an instructor can be helpful.

Here are some **free yoga apps** you can download on your phone or tablet:



Down Dog



FitON



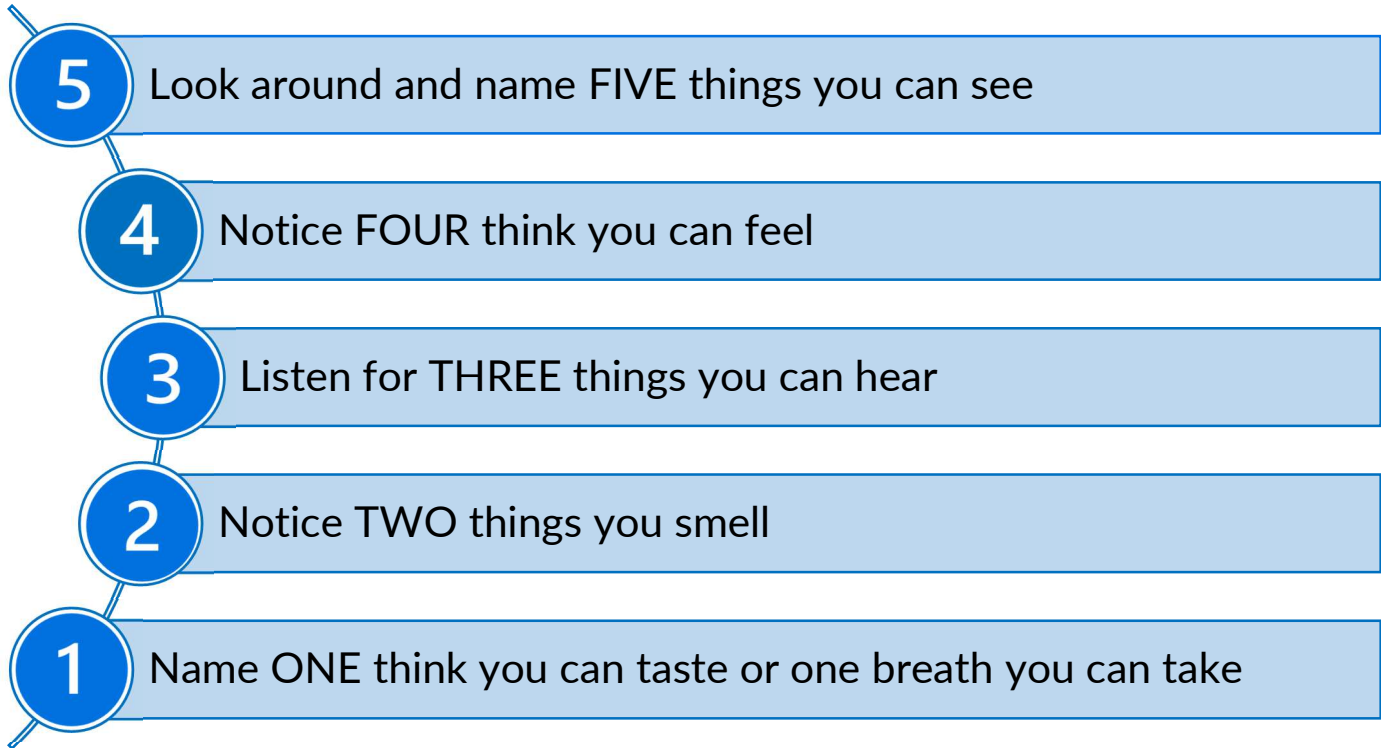
Yoga for Beginners



Pocket Yoga

How to Get Started with Meditation:

- Anyone can practice meditation. It is simple, low cost, and does not require any special equipment.
- Meditation helps you slow down and take a break from stress. It can help clear your mind and bring your focus back to the present moment.
- You can practice meditation almost anywhere—while walking, riding the bus, waiting at an appointment, or sitting in your car.



How Can “Sitting Still” Help?

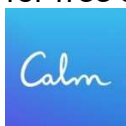
- Meditation can look different for everyone. There are many types of meditation, so it may take time to find what works best for you.
- There is no right or wrong way to meditate. What matters most is that it helps you feel calmer, less stressed, and more focused.

How to Learn Meditation:

You can learn meditation in many ways:

- In-person classes
- Books or guided recordings
- Videos online
- Apps on your phone or tablet

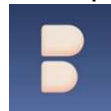
If classes are not available or are too expensive, you can also check your local library, park district, or senior center for free or low-cost resources. Here are some helpful meditation apps you can try:



Calm



Headspace



Breethe



Serenity



For general nutrition coaching, education, and referral support only; not for nutrition diagnosis or individualized therapeutic nutrition planning.