

THINK FIT @ ALA

find yourself sitting all day?

Follow these tips to keep yourself feeling fit and motivated while at ALA.



Leg extensions

Take a seat, this stretch works your hips, thighs, shins and ankle.

Try it! Start by sitting on the edge of your chair and your arms by your sides for stabilization. Extend your left leg straight out and flex your foot. By flexing your foot you engage the muscles in your shin and ankle. Try to lift your leg as high as you can without rounding your back. Hold for 3 seconds and lower.

You've got it! Try 3 sets of 10 reps on each leg.



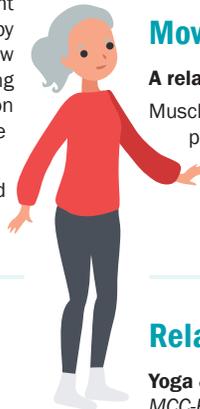
Seated Press-Ups

Get up, work your triceps and relieve spinal compression.

Try it! Sit in a chair with your feet firmly grounded on the floor. Place your hands on the arm rests

of the chair, press down and extend your arms straight raising your body off the chair. Ensure correct posture by keeping your head lined up over your pelvis, this will allow your spine to "dangle" and unravel straight down creating space between each vertebrae. Either hold this position to focus on your spine or push up and down to work the backs of the arm more.

You've got it! Repeat 4 times if holding. If lifting and lowering, try 3 sets of 10 reps.



Watch that slouch!

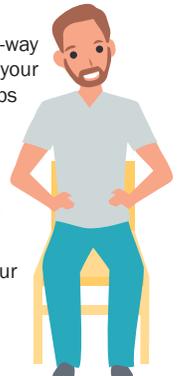
Good posture is key. Whether you sit or stand, keep your shoulders back, abs in and your head tall.

Learn! Posture and your abdominal muscles are a two-way street. A good posture naturally helps strengthens your abs, at the same time exercises focused on the abs supports an improved posture.

Try it! Perfect posture for a sitting position. Follow these 3 steps.

1. Sit at the end of your chair, feet flat on the floor, and knees equal to your hips and slouch completely.
2. Draw yourself up and accentuate the curve of your back as far as possible. Hold for a few seconds.
3. Release the position slightly about 10 degrees.

Got it! This is a good sitting posture for you.



Move!

A relaxed and supported posture is the goal.

Muscles can tire from sitting in the same position for an extended period. This can lead to slumping and other poor postures. To prevent this from happening take breaks from sitting every 30min and stretch, stand or walk.

Catch Wellness Hour at the PopTop Stage!

MCC-Exhibit Hall, Next to Booth 432

Visit the PopTop Stage for sessions focused on mind, body, and spirit practices. More information can be found on page 164.

Just Breathe: Mindfulness Exercises for Your Children's Programming

Saturday, June 23 • 1:00 PM – 1:50 PM

Running Press/Hachette

Empowering Children through Yoga Story Time

Sunday, June 24 • 1:00 PM – 1:50 PM

Sounds True

Take a Break: Teaching Mindfulness to Children with author Whitney Stewart

Monday, June 25 • 1:00 PM – 1:50 PM

Albert Whitman & Company

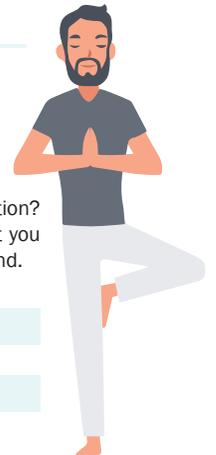
Relax @ ALA!

Yoga & Meditation Room
MCC-Rm 274

Need your yoga fix or a minute for some meditation? ALA's new yoga room is fully equipped with what you need to reach a peace and tranquility state of mind.

Hours:

Friday, June 22	9:00 am – 4:00 pm
Saturday, June 23	9:00 am – 5:00 pm
Sunday, June 24	9:00 am – 5:00 pm
Monday, June 25	9:00 am – 2:00 pm



First Aid Hours & Location

MCC-Lobby H, near escalators

Monday, June 18–Tuesday, June 26 • 7:00 AM – 7:00 PM

While in NOLA...

Stay cool

- ◆ Stay indoors in air conditioning during the hottest parts of the day.
- ◆ If you have to perform outdoor activities, do so early in the morning or late in the evening
- ◆ Stay out of the sun and wear a hat. Take breaks often.
- ◆ Wear light, loose-fitting clothing such as and avoid unnecessary exposure to the sun.
- ◆ The very young, the elderly and those with chronic medical conditions such as diabetes or cardiovascular disease are at a greater risk for heat-related health issues and should take extra precautions to stay cool and hydrated.

Stay hydrated

- ◆ Drink plenty of water, even if you don't feel thirsty.
- ◆ Consider drinking an electrolyte sports drink and avoid alcohol, caffeine and sugary drinks.
- ◆ Remind others to drink water.

Stay informed

- ◆ Stay informed about weather conditions. When there's a heat risk in New Orleans, the National Weather Service issues alerts. Sign up to receive emergency alerts; ready.nola.gov/stay-connected/emergency-alerts/
- ◆ Know the symptoms of heat-related illness.

Heat-related illnesses

Here's how you can recognize heat-related illness and what you should do:

HEAT EXHAUSTION	
Symptoms	What You Should Do
Heavy sweating	Move to a cooler location.
Weakness	Lie down and loosen your clothing.
Cold, pale, and clammy skin	Apply cool, wet cloths to as much of your body as possible.
Weak pulse	Sip water.
Fainting and vomiting	If you have vomited and it continues, seek medical attention immediately.
HEAT STROKE	
Symptoms	What You Should Do
High body temperature (above 103°F)	Call 911 immediately – this is a medical emergency.
Hot, red, dry, or moist skin	Move the person to a cooler environment.
Rapid and strong pulse	Reduce the person's body temperature with cool cloths or even a bath.
Possible unconsciousness	Do NOT give fluids.

This information is not intended to replace the medical advice or help of your doctor but is to be used only as an aid.