

Client Development Activity Pack!

In this pack you will find activities, challenges and exercises to help you pass some time and take care of your wellbeing. We will be sending one of these packs to your service every day, Monday - Friday. Remember to pick up your copy! We hope you find it helpful.

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Monday Motivation;

**“Winning isn’t everything,
but wanting to win is.”**

- Vince Lombardi



Client Development would love to hear your feedback! Tell us what you would like to see more of in these activity packs. Send us photos of your activities and we will include them in the next issue. Contact us by email at cd@dubsimon.ie.

Plank Challenge

Back by popular demand!

- Lie on your front propped up on your forearms and toes
- Keep your legs straight and hips raised to create a straight and rigid line from head to toe
- Your shoulders should be directly above your elbows
- Focus on keeping your stomach tight during the exercise

Plank Facts:

- World Record: A 62 year old man set the world record for longest plank with an incredible 8 hours 15 minutes and 15 seconds!

Try the Plank Challenge today!

- ⇒ Hold the plank for as long as possible
- ⇒ Get a friend to time you
- ⇒ Share your time and a photo with Client Development at cd@dubsimon.ie



Beginners Guide & Tips:

- For an easier version, perform the plank with your knees on the floor
- If you are new to the plank, hold the position for 20 seconds on day 1, then add 5 to 10 seconds each day.



Crack the Code

Each letter has an assigned number. Use the code to fill in the message below.

a	b	c	d	e	f	g	h	i	j
5	2	10	16	9	6	7	26	25	1

k	l	m	n	o	p	q	r	s	t
8	11	23	15	20	3	12	17	21	24

u	v	w	x	y	z
13	22	4	18	14	19

____ ____ ____ ____
24 26 25 21

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24 20 20

____ ____ ____ ____ ____
21 26 5 11 11

____ ____ ____ ____
3 5 21 21



Coronavirus (COVID-19) words and terms explained in plain English

Many people find health information difficult to understand, particularly at the moment. The National Adult Literacy Agency (NALA) has compiled an A-Z list of words about coronavirus (also called COVID-19) with plain English explanations. Today we are looking at 'C'. Visit <https://www.nala.ie/covid-19-words-explained/> for the full list.

Close contact	<p>This can mean someone:</p> <ul style="list-style-type: none"> • spending more than 15 minutes face-to-face contact within 2 metres of an infected person • living in the same house or sharing accommodation with an infected person <p>Source: HSE webpage on Symptoms and causes</p>
Cluster	<p>This refers to a small group of people in a particular space who all have the same disease. For example, a cluster of people in nursing homes or hospitals.</p>
Cocooning	<p>This is where certain groups of people (such as over 70s and people with health issues) will stay in their homes to avoid contact with any person who may have COVID-19.</p> <p>More information from the HSE here.</p>
Community transmission	<p>This occurs where a person who gets COVID-19:</p> <ul style="list-style-type: none"> • has not travelled to an affected area, and • has no connection to a known case.
Communicable	<p>This means that coronavirus can be spread from one person to another.</p>
Co-morbidity	<p>This means having two different health conditions at the same time. COVID-19 has been found to be particularly severe for people who have other health issues.</p>
Compromised immune system	<p>This is where you have a weak immune system (immunosuppressed).</p> <p>There are many things that can cause a weak immune system, including:</p> <ul style="list-style-type: none"> • cancer treatment • treatment for autoimmune diseases, such as rheumatoid arthritis, lupus, multiple sclerosis (MS) and inflammatory bowel diseases • HIV • having an organ transplant or a bone-marrow transplant <p>Source: HSE webpage on At-risk groups and coronavirus</p>