



UKEE RECREATION RECREATED

WEEK 4 THEME: BREATHE



Instructor Peek

Kat Rosene is the owner of Endlessfitness and has been in the health and wellness industry for over 15 years. She brings new dynamics into your workout and incorporates her experience to bring you knowledge and passion through movement. Check out her Endlessfitness Facebook page for inspiration and future class schedules.

Fitness Tip

Do you breathe from your nose or mouth while you're working out? Things like the type of exercise you're performing and consistency in breathing are all key factors that affect your performance and there is more to this automatic process than you think. Check out '[Here's Why the Way You Breathe During a Workout Matters](#)' for more information.



Ukee Recreation



@UkeeRecreationRecreated



@UkeeRec

Don't forget to check out previous challenges on our Website, Facebook and Instagram.

Physical Challenge

This week's physical challenge is brought to you by, Endlessfitness! Our recreation team are challenging you to do the '[As Many Reps As Possible](#)' warm up with Kat followed by her [Full Body Fit Class](#)! Don't forget to check out our Youtube page for other fitness videos by Endlessfitness and other instructors.

Wellbeing Challenge

Breath is an essential and underestimated technique in our day-to-day lives and its function can serve significant purpose when it comes to relieving stress and anxiety. This week's challenge is to pay attention to your breath and try out different breathing techniques. Say goodbye to sleepless nights and hello to better lung capacity! Healthline is offering [10 different techniques](#) for you to try out. We encourage you to give them a go! Let us know how breathing techniques have helped you destress.

Fun Resources

Managing your Child's Emotions - [Printable Breathing Exercise Cards for Kids](#)

Kids Meditation - [Square Breathing](#)

In the name of Social Distancing, this week's song of the week is: [Jenny Was a Friend of Mine - The Killers](#).