

# UKEE RECREATION RECREATED



Week 9 Theme: Laughter

## INSTRUCTOR PEEK

Lorna Watson has been leading a womens circle of laughter for over 10 years! The class began as a mixture of relaxation, yoga, and self care. Since laughing, chuckling, or cackling is a healthy expression, Lorna quickly adopted this into her classes as a new way to bond with her peers. Laughter creates a magical connection and you know what they say, laughter is the best medicine!

## FUN RESOURCES

Laughter Is The Best Medicine  
- [Forbes Magazine](#)

The Psychology of Laughter  
- [Psychology Today](#)

On Laughter with Anthony McCarten  
- [Ted Talk](#)

Social Distancing Song of the Week:  
[Here Comes the Sun - The Beatles](#)

## PHYSICAL CHALLENGE

This week's challenge is to go ahead and laugh your heart out! Laughter is proven to boost immunity, lower stress levels, relax your muscles and prevent heart disease. What a beautiful and easy way to add joy and zest to your life! Lorna Watson has kindly created a [Circle of Laughter](#) for you to follow along. It incorporates ways to relax, unwind, and most of all, have fun. Share your thoughts on how laughter has helped you overcome life's challenges on our Facebook and Instagram pages.

## WELLBEING CHALLENGE

This weeks wellbeing challenge is to make somebody laugh at least once a day. We're not talking a slight chuckle either. We're talking deep belly, hard to breathe and potential tears streaming from the eye balls kind of laugh. Don't forget to share your hilarious stories with us on Facebook and Instagram!

## FITNESS TIP

If you're on the path to becoming the healthiest version of yourself, here are some tips on how you can [Remain Positive Through your Personal Fitness Journey!](#) No journey is a straight and narrow line, rather an ebb and flow of positive and challenging energies. The key is to remain consistent, be kind to yourself, and find humor in your journey. You got this!

