

Safety Health & Wellness Day – Tuesday, June 9th

Mindfulness Sessions: Building 10 Library Training Room 1 & 2

11am – 11:15am Flow Stretch with Shannon

Go with the flow! Take a break to relieve tired muscles and joints! Participants will transition from stretch to stretch with a focus on alignment and breath. To achieve maximal efficacy, movements will be slow but controlled.

11:30am – 11:45am Midday Reset: Breath & Heart Meditation with Leslie Pont

Take a pause in the middle of your day to reconnect with your breath, body, and inner energy. In this guided seated meditation, participants may choose to sit in a chair or on the floor with supportive props. Through gentle breath awareness and heart-centered focus, we will work to calm the nervous system, restore mental clarity, and revive our energy stores for the remainder of the day.

This welcoming session is designed for all experience levels. Come with an open mind and leave feeling grounded, refreshed, and renewed.

11:50am – 12:05pm Non-Sleep Deep Rest: Legs Up the Wall Meditation with Leslie Pont

Experience the restorative benefits of Non-Sleep Deep Rest (NSDR), a guided reclined meditation designed to help the body deeply relax while the mind remains gently aware. Participants will settle into a comfortable “legs up the wall” position, allowing circulation to return toward the core and encouraging a profound state of rest and recovery.

Research suggests that NSDR practices may help reduce stress, improve focus, and provide restoration comparable to a short nap in just minutes of guided rest. This calming session is ideal for anyone seeking a reset for both body and mind during a busy day. Leave feeling rested, recharged, and centered.

11:30am – 1pm Fitness QuickFit Check with Shannon

(R&W NIH Fitness & Wellness Program Table in Building 10 South Lobby)

- **Body Weight**
- **Body Fat** – Now you know your body fat percentage, but what does it mean? Get a better understanding of how your body burns fat and what exercises will help you reach your goal.
- **BMI – Body Mass Index**

Calculate Your Body Mass Index

Body mass index (BMI) is a measure of body fat based on height and weight that applies to adult men and women. Enter your weight and height using standard or metric measures.