



# Wellbeats™

## Every Move Matters Challenge

Make every move and minute count! This challenge helps you maintain healthy habits and feel both mentally and physically strong - even when life gets busy. For 4 weeks, you will be supported with a well-rounded plan of workouts, nutrition classes, and mindfulness tips to become a healthier you.

### Recommended Equipment



Yoga Mat



Dumbbells



Yoga Block



Resistance Bands



Step and Risers

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	<b>Move Your Spine</b> Fusion (Yoga & Pilates) 20 min	<b>Fresh Start Smoothie Bowl</b> Nourish (Nutrition Education) 2 min	<b>Walk the Plank</b> Definitions (Lean Sculpting) 20 min	<b>Booty and Abs Express</b> (Toning) 20 min  <b>OR REST</b>	<b>Pure Sculpt</b> Definitions (Lean Sculpting) 20 min	<b>Core Play</b> Fusion (Yoga & Pilates) 20 min  <b>OR REST</b>	<b>Mindfulness:</b> Take 10 minutes of quiet meditation or deep breathing.
WEEK 2	<b>REST</b>	<b>Add-On Strong</b> Definitions (Lean Sculpting) 20 min	<b>Backside Balance</b> Time Savers (15 Min or Less) 10 min  <b>OR REST</b>	<b>Fairway Flexibility</b> Sports Ready (Preparation and Performance) 20 min	<b>10 Easy Snacks for On-the-Go</b> Nourish (Nutrition Education) 5 min	<b>Strong Back</b> Circuits (Strength & Conditioning) 15 min	<b>Mindfulness:</b> Write down 3 things you are thankful for this week.
WEEK 3	<b>Unblock Your Spine</b> Fusion (Yoga & Pilates) 20 min	<b>Importance of Hydration</b> Nourish (Nutrition Education) 3 min	<b>Standing Core</b> Circuits (Strength & Conditioning) 7 min	<b>Core</b> Circuits 10 min  <b>OR REST</b>	<b>Fluid Yoga</b> Sports Ready (Preparation and Performance) 20 min	<b>Pilates Core Fire</b> Fusion (Yoga & Pilates) 20 min  <b>OR REST</b>	<b>Mindfulness:</b> Take 10 minutes of quiet meditation or deep breathing.
WEEK 4	<b>REST</b>	<b>Unlock Your Hips</b> Recovery (Stretch & Release) 10 min	<b>Lower Back Yoga</b> Time Savers (15 Min or Less) 15 min  <b>OR REST</b>	<b>Strength Builder</b> Circuits (Strength & Conditioning) 20 min	<b>Eat Better, Sleep Better</b> Nourish (Nutrition Education) 4 min	<b>Upper Body Mobility</b> Recovery (Stretch & Release) 10 min	<b>Mindfulness:</b> Eat your meals more slowly and pay attention to the texture and taste.