



## A Stronger You Challenge

"A Stronger You" Challenge is perfect for when you need to hit the "reset" button and start fresh. You will be given a daily workout, nutrition or mindfulness activity in under 10 minutes to boost your day + bonus tips to keep you on track. No equipment needed.

### Optional Equipment



Yoga Mat

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	<p><b>Mindful Breathing</b> Connect 6 min</p> <p><b>Gratitude Tip:</b> Time for some self-love: write down 5 things about yourself that you are grateful for.</p>	<p><b>Squat Challenge</b> Connect 7 min</p> <p><b>Form Tip:</b> "Remember when you're squatting, to keep your core tight and chest lifted to avoid any lower back pressure." – Mark K.</p>	<p><b>Breakfast: Start Your Day Right</b> Nourish 2 min</p> <p><b>Nutrition Tip:</b> Start your day with a yummy Wellbeats recipe! Examples: search "Kiwi Avocado Smoothie", or "Protein Pancakes"</p>	<p><b>Total Tone in 10</b> Nourish 10 min</p> <p><b>Fitness Tip:</b> Sometimes slower is better – focus on proper form and how your body feels with each exercise.</p>	<p><b>Breathing Meditation</b> Mindfulness at Work   7 min</p> <p><b>Mindfulness Tip:</b> If you find your mind wandering during meditation, kindly acknowledge it and then guide yourself back to focusing on breath.</p>	<p><b>Plank Challenge</b> Connect 8 min</p> <p><b>Form Tip:</b> "Keep your gaze toward the floor and neck aligned with the rest of your body. Don't forget to breathe!" – Mark K.</p>	<p><b>Morning Mobility</b> Recovery 7 min</p> <p><b>Fitness Tip:</b> Perform these mobility movements right when you wake up in the AM for a quick energy boost.</p>
WEEK 2	<p><b>Breathing Challenge</b> Connect 6 min</p> <p><b>Mindfulness Tip:</b> As you focus on breath, do a gentle scan of how your body feels: from the soles of your feet to the top of your head.</p>	<p><b>Squat/Jump Challenge</b> Connect 4 min</p> <p><b>Form Tip:</b> "Use your arms to snap your body up and keep the weight on your heels when you squat." – Mark K.</p>	<p><b>How to Master Portion Control</b> Nourish 3 min</p> <p><b>Nutrition Tip:</b> Eat on a smaller plate or bowl to "trick" your brain into eating less.</p>	<p><b>Cardio Core Express</b> Circuits 10 min</p> <p><b>Fitness Tip:</b> Schedule this class in advance and invite a friend to virtually join with you.</p>	<p><b>STOP: Power of Breathing</b> Managing Anxiety 2 min</p> <p><b>Mindfulness Tip:</b> Pay attention to how you feel in the present moment – physically, emotionally, and mentally.</p>	<p><b>Plank Challenge 2</b> Connect 9 min</p> <p><b>Form Tip:</b> "Focus on keeping your heels, hips, and shoulders in line with each other." – Mark K</p>	<p><b>Lower Back Release</b> Recovery 7 min</p> <p><b>Fitness Tip:</b> Repeat these stretches whenever you need a quick break, especially after prolonged periods of sitting.</p>