



# Wellbeats™

## Stress Less Challenge

Calm your mind and body in this 14-day “Stress Less” challenge. Includes a day-by-day schedule of yoga, cardio, mindfulness, stretching, and nutrition classes to manage stress and promote a healthy, positive mindset. No equipment needed (yoga mat/block optional).

## Recommended Equipment



Yoga Mat



Yoga Block

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	<p><b>Mindful Breathing</b></p> <p>Connect 6 min</p>	<p><b>Gentle Yoga</b> Fusion 30 min</p> <p><b>OR</b></p> <p><b>Stress Relief</b> TKO 20 min</p>	<p><b>Cooking to Reduce Stress</b></p> <p>Nourish 7 min</p>	<p><b>Strong Harmony</b> Fusion 25 min</p> <p><b>OR</b></p> <p><b>African Dance</b> Vibe 15 min</p>	<p><b>Chill</b></p> <p>Fusion 5 min</p>	<p><b>Stretch Away Stress</b></p> <p>Recovery 20 min</p>	<p><b>Anti-Inflammatory Foods</b></p> <p>Nourish 5 min</p>
WEEK 2	<p><b>Breathing Challenge</b></p> <p>Connect 5 min</p>	<p><b>Yoga Flow</b> Fusion 24 min</p> <p><b>OR</b></p> <p><b>HIIT Cardio</b> Circuits 20 min</p>	<p><b>Breakfast: Start Your Day Right</b></p> <p>Nourish 2 min</p>	<p><b>Yoga Stretch Live</b> Connect 20 min</p> <p><b>OR</b></p> <p><b>Strength &amp; Cardio Circuit</b> Kinetics 25 min</p>	<p><b>Mindfulness 101</b></p> <p>Connect 30 min</p>	<p><b>Stretch &amp; Align</b></p> <p>Recovery 7 min</p>	<p><b>Eat Better, Sleep Better</b></p> <p>Nourish 4 min</p>