



Scan to enroll



Recommended Equipment



Dumbbells



Towel

## Wellness Time Savers Program

Short on time? This 14-day program is perfect for when you need to hit the “reset” button and start fresh but have limited time. You will be given a short daily workout, mindful activity or nutrition tip all in less than 10 minutes to help you become more resilient in mind and body!

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Time for a Reset (Meditation) 3 min	Leg Challenge (Cardio) 5 min	How to Read a Nutrition Label (Nutrition Education) 3 min	Total Tone in 10 (Cardio) 10 min	Midday Stretch (Mindful Movement) 5 min	Core by Four (Core) 4 min	Morning Mobility (Recovery) 7 min
WEEK 2	Grounded & Protected (Meditation) 3 min	Walking Plank Challenge (Core) 3 min	Breakfast: Start Your Day Right (Nutrition Education) 2 min	Fast Fix HIIT (HIIT) 10 min	Midday Stretch for Hands & Wrist (Mindful Movement) 9 min	Three Times the Core (Core) 5 min	Hips & Back (Recovery) 8 min