


YOUR WELLNESS CHALLENGE

Presented by 

GIVE YOURSELF AN AT-HOME FOOT MASSAGE BEFORE PUTTING ON YOUR SHOES FOR THE DAY.



DRINK A GLASS OF HOT WATER WITH LEMON BEFORE BREAKFAST.



PACK YOUR LUNCH SO YOU AREN'T TEMPTED TO ORDER DELIVERY.



MAKE TIME TO TRY THIS 3-MINUTE GUIDED MEDITATION



WORK UP A SWEAT WITH THIS 10-MINUTE AT-HOME HIIT WORKOUT.



TRY MAKING YOUR OWN TURMERIC MILK FOR A NEW TWIST ON YOUR MORNING BEVERAGE.



APPLY A HAIR MASK IN THE SHOWER FOR EXTRASILKY STRANDS.



SET UP YOUR COFFEE MAKER AT NIGHT SO ALL YOU HAVE TO DO IS START IT IN THE MORNING.



WAKE UP YOUR MUSCLES WITH A GENTLE, RELAXING YOGA SEQUENCE.



IF YOU DON'T ALREADY HAVE ONE, START A MORNING SKINCARE ROUTINE.



WAIT UNTIL YOU HAVE YOUR FIRST CUP OF COFFEE TO LOOK AT YOUR PHONE IN THE MORNING.



GIVE YOURSELF A FACIAL MASSAGE WITH THIS BEAUTY ROLLER.



SET YOUR ALARM 30 MINUTES EARLIER, THEN SPEND THAT TIME READING IN BED.



PREP OVERNIGHT OATS FOR BREAKFAST TOMORROW MORNING.



CHOOSE AN UPBEAT SONG TO WAKE UP TO, THEN DANCE AROUND WHEN YOUR ALARM GOES OFF.



SWAP OUT YOUR MORNING COFFEE FOR A CUP OF MATCHA TEA.



START YOUR DAY WITH NATURE & TAKE A WALK AROUND THE BLOCK OR EAT YOUR BREAKFAST OUTSIDE.



FOLLOW THESE 8 WELLNESS TIPS TO START YOUR DAY OFF RIGHT.



NEED SOME MOTIVATION? THINK ABOUT ALL OF THE BENEFITS YOUR HARD WORK WILL BRING YOU.



DO THIS RISE-&-SHINE YOGA SEQUENCE AS SOON AS YOU GET OUT OF BED.



RELAX WITH A COOLING EYE MASK FOR 10 MINUTES.



REMIND YOURSELF TO THINK POSITIVELY BY CHOOSING A MOTIVATIONAL ALARM TONE.



TRY THIS IMMUNE-BOOSTING TONIC MADE WITH APPLE CIDER VINEGAR & HONEY.



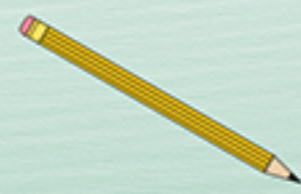
SPEND 15 MINUTES REFLECTING AND WRITING IN A JOURNAL BEFORE STARTING YOUR DAY.



DO LUNGES IN PLACE WHILE YOU'RE BRUSHING YOUR TEETH.



GIVE YOUR BRAIN A WORKOUT WITH A CROSSWORD PUZZLE OR SUDOKU.



DON'T FORGET TO TAKE YOUR VITAMINS!



SET AN INSPIRING MANTRA AS YOUR ALARM TO START THE DAY ON A POSITIVE NOTE.



ASSEMBLE SMOOTHIE MEAL PACKS TO KEEP IN THE FREEZER.



PRACTICE GRATITUDE BY MAKING A POINT TO SAY "THANK YOU" TODAY.



BUY SOMEONE A CUP OF COFFEE OR TRY ANOTHER RANDOM ACT OF KINDNESS.

