


YOUR WELLNESS CHALLENGE

Presented by 

FEEL THE BURN WITH THIS 5-MOVE BODYWEIGHT PILATES WORKOUT.



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



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



WEAR YOUR POWER COLOR SO YOU FEEL MORE CONFIDENT ALL DAY LONG.



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



DRINK 2 GLASSES OF WATER BEFORE YOU LEAVE THE HOUSE.



ASSEMBLE SMOOTHIE MEAL PACKS TO KEEP IN THE FREEZER.



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



MAKE TIME TO TRY THIS 3-MINUTE GUIDED MEDITATION



WEARING LEGGINGS ALL DAY MEANS YOU'RE READY TO WORKOUT ANYTIME!



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



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



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



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



GIVE YOURSELF A FACIAL MASSAGE WITH THIS BEAUTY ROLLER.



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



MAKE BAKED EGGS WITH DELICATA SQUASH & SPINACH FOR A VEGGIE-PACKED BFAS.



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



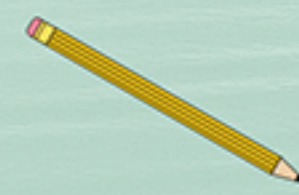
NEED SOME MOTIVATION? THINK ABOUT ALL OF THE BENEFITS YOUR HARD WORK WILL BRING YOU.



TRY ONE OF THESE WALKING TREADMILL WORKOUTS.



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



DRINK A GLASS OF HOT WATER WITH LEMON BEFORE BREAKFAST.



CHOP UP FRUITS AND VEGGIES TO KEEP IN THE FRIDGE FOR EASY, GRAB-AND-GO SNACKS.



PREP ONE OF THESE TASTY, HEALTHY, & FILLING LUNCHES FOR LATER.



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



TRY THESE EASY, PROTEIN-PACKED BREAKFAST RECIPES.



DON'T FORGET TO TAKE YOUR VITAMINS!



SET A LIMIT ON THE AMOUNT OF TIMES YOU CAN HIT SNOOZE — AND STICK TO IT.



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



DO THESE 5 STRETCHES AS SOON AS YOU GET OUT OF BED.



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

