



STRESS LESS CHALLENGE



About This Challenge

Goal: 14-day holistic mindfulness/fitness/nutrition program to reduce stress

Day 1: Mindfulness

Day 2: Yoga or Cardio

Day 3: Nutrition

Day 4: Yoga or Cardio

Day 5: Mindfulness

Day 6: Stretching

Day 7: Nutrition

**Sign up for the
challenge today!**

Select Challenges in the main menu, then select Stress Less Challenge to get started.

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