



A Stronger You Program

"A Stronger You" program is perfect for when you need to hit the "reset" button and start fresh. You will be given a daily workout, nutrition or mindfulness activity in under 10 minutes to boost your day + bonus tips to keep you on track. No equipment needed.

Optional Equipment



Yoga Mat



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	<p>Mindful Breathing (Mindfulness) 6 min</p> <p>Gratitude Tip: Time for some self-love: write down 5 things about yourself that you are grateful for.</p>	<p>Squat Challenge (Strength) 7 min</p> <p>Form Tip: "Remember when you're squatting, to keep your core tight and chest lifted to avoid any lower back pressure." – Mark K.</p>	<p>Breakfast: Start Your Day Right (Nutrition Education) 2 min</p> <p>Nutrition Tip: Start your day with a yummy Wellbeats recipe! Examples: search "Kiwi Avocado Smoothie", or "Protein Pancakes"</p>	<p>Total Tone in 10 (Toning) 10 min</p> <p>Fitness Tip: Sometimes slower is better – focus on proper form and how your body feels with each exercise.</p>	<p>Breathing Meditation (Mindfulness) 7 min</p> <p>Mindfulness Tip: If you find your mind wandering during meditation, kindly acknowledge it and then guide yourself back to focusing on breath.</p>	<p>Plank Challenge (Strength) 8 min</p> <p>Form Tip: "Keep your gaze toward the floor and neck aligned with the rest of your body. Don't forget to breathe!" – Mark K.</p>	<p>Morning Mobility (Stretch & Release) 7 min</p> <p>Fitness Tip: Perform these mobility movements right when you wake up in the AM for a quick energy boost.</p>
WEEK 2	<p>Breathing Challenge (Mindfulness) 6 min</p> <p>Mindfulness Tip: As you focus on breath, do a gentle scan of how your body feels: from the soles of your feet to the top of your head.</p>	<p>Squat/Jump Challenge (Strength) 4 min</p> <p>Form Tip: "Use your arms to snap your body up and keep the weight on your heels when you squat." – Mark K.</p>	<p>How to Master Portion Control (Nutrition Education) 3 min</p> <p>Nutrition Tip: Eat on a smaller plate or bowl to "trick" your brain into eating less.</p>	<p>Cardio Core Express (Strength) 10 min</p> <p>Fitness Tip: Schedule this class in advance and invite a friend to virtually join with you.</p>	<p>STOP: Power of Breathing (Mindfulness) 2 min</p> <p>Mindfulness Tip: Pay attention to how you feel in the present moment – physically, emotionally, and mentally.</p>	<p>Plank Challenge 2 (Strength) 9 min</p> <p>Form Tip: "Focus on keeping your heels, hips, and shoulders in line with each other." – Mark K.</p>	<p>Lower Back Release (Stretch & Release) 7 min</p> <p>Fitness Tip: Repeat these stretches whenever you need a quick break, especially after prolonged periods of sitting.</p>