



# Stress Less Program

Calm your mind and body in this 14-day “Stress Less” challenge. Includes a day-by-day schedule of yoga, cardio, mindfulness, stretching, and nutrition classes to manage stress and promote a healthy, positive mindset. No equipment needed (yoga mat/block optional).

## Optional Equipment



Yoga Mat



Yoga Block



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	<b>Mindful Breathing</b> (Mindfulness) 6 min	<b>Gentle Yoga</b> (Yoga) 30 min — OR — <b>Stress Relief</b> (Kickboxing) 20 min	<b>Cooking to Reduce Stress</b> (Recipes) 7 min	<b>Strong Harmony</b> (Yoga) 25 min — OR — <b>African Dance</b> (Dance) 15 min	<b>Chill</b> (Yoga) 5 min	<b>Stretch Away Stress</b> (Yoga) 20 min	<b>Anti-Inflammatory Foods</b> (Nutrition Education) 5 min
WEEK 2	<b>Breathing Challenge</b> (Mindfulness) 5 min	<b>Yoga Flow</b> (Yoga) 24 min — OR — <b>HIIT Cardio</b> (HIIT) 20 min	<b>Breakfast: Start Your Day Right</b> (Nutrition Education) 2 min	<b>Yoga Stretch Live</b> (Yoga) 20 min — OR — <b>Strength &amp; Cardio Circuit</b> (HIIT) 25 min	<b>Mindfulness 101</b> (Mindfulness) 30 min	<b>Stretch &amp; Align</b> (Stretch & Release) 7 min	<b>Eat Better, Sleep Better</b> (Nutrition Education) 4 min