



Wellness

## One Moment Please? Reset with Wellness Time Savers

Short on time? This 14-day program is perfect for when you need to hit the “reset” button and start fresh but have limited time. You will be given a quick daily workout, mindful activity or nutrition tip all in less than 10 minutes to help you become more resilient in mind and body!

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Time for a Reset 3 min	Leg Challenge 5 min	How to Read a Nutrition Label 3 min	Total Tone In Ten 10 min	Midday Stretch 5 min	Core by Four 4 min	Morning Mobility 7 mins
	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
WEEK 2	Ground & Protected 3 min	Walking Plank Challenge 3 min	Breakfast: Start Your Day Right 2 min	Fast Fix HIIT 10 min	Midday Stretch for Hands & Wrist 9 min	Three Times the Core 5 min	Hips & Back 8 min