



REVEAL YOUR CHAMPION: FLEXIBILITY FEBRUARY

WEEK 1: BRING ON BALANCE

Get ready to Reveal Your Champion:

- Open Space Comfortable Clothing Water Bottle Towel Mat Watch/Timer

02/01/2021	02/02/2021	02/03/2021	02/04/2021	02/05/2021	02/06/2021	02/07/2021
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Balance	Strength	Flexibility	Speed & Power	Balance	Flexibility	Rest Day
<p>Float</p>  <p>Click to begin workout</p> <p>Recovery Activity: 20 Minute Walk</p>	<p>Inner Strength</p>  <p>Click to begin workout</p> <p>Recovery Activity: Strong Minds Deep Breathing</p>	<p>Full Flex</p>  <p>Click to begin workout</p> <p>Recovery Activity: Strong Minds Think Positive</p>	<p>Explosive</p>  <p>Click to begin workout</p> <p>Recovery Activity: 20 Minute Walk</p>	<p>Find Your Balance</p>  <p>Click to begin workout</p> <p>Recovery Activity: Strong Minds Deep Breathing</p>	<p>Namaste</p>  <p>Click to begin workout</p> <p>Recovery Activity: Strong Minds Think Positive</p>	<p>Set your goals for the week!</p> 

February Wellness Activities:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
It's heart health month! Let's do what we can to reduce our risk for heart disease by being active, maintaining a healthy diet and getting the right amount of sleep!	Goal setting is a key skill for your wellness. Try writing down a goal that you would like to accomplish for this month and create 3 mini tasks for you to accomplish that goal!	If you are craving something sweet try making chocolate cuties!	Make sure to stay hydrated, it is recommended to drink 6-8 glasses of water a day! If you don't like the taste of water, try adding lemon or berries for flavour.	It is important to take care of your teeth. Make sure to brush your teeth two times a day and floss at least once a day!	End the week off by cleaning and organizing your space - it can be your room, your desk or even your closet. It was found that cleaning and organizing can reduce stress and increase productivity!	It is important to keep in touch with friends and family so connect with 3 people through call/text/video chat and ask them how they are doing!