





# REVEAL YOUR CHAMPION: FLEXIBILITY FEBRUARY

## WEEK 4: BODY BALANCE

**Get ready to Reveal Your Champion:**

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

02/22/2021	02/23/2021	02/24/2021	02/25/2021	02/26/2021	02/27/2021	02/28/2021
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Balance	Strength	Flexibility	Speed & Power	Balance	Flexibility	Rest Day
<p><b>Strong Stance</b></p>  <p><i>Click to begin workout</i></p> <p>Recovery Activity: <b>20 Minute Walk</b></p>	<p><b>Spell Your Name</b></p>  <p><i>Click to begin workout</i></p> <p>Recovery Activity: <b>Strong Minds Strong Stretching</b></p>	<p><b>Recharge</b></p>  <p><i>Click to begin workout</i></p> <p>Recovery Activity: <b>Strong Minds Stress Ball</b></p>	<p><b>Coin Flip</b></p>  <p><i>Click to begin workout</i></p> <p>Recovery Activity: <b>20 Minute Walk</b></p>	<p><b>A Little Goes a Long Way</b></p>  <p><i>Click to begin workout</i></p> <p>Recovery Activity: <b>Strong Minds Strong Stretching</b></p>	<p><b>Sky's the Limit</b></p>  <p><i>Click to begin workout</i></p> <p>Recovery Activity: <b>Strong Minds Stress Ball</b></p>	<p><b>Set your goals for the week!</b></p> 

### February Wellness Activities:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Try out this yummy recipe for <a href="#">honey garlic salmon!</a>	Create your own <a href="#">self-soothing kit</a> with items that you have at home!	Try not to eat dinner or snacks at least 3 hours before going to bed. You'll have a better night's sleep.	Having a routine or structure to your day can help with stress. Create a morning routine for a good start to your day!	Check out this recipe for <a href="#">three bean and beef chilli!</a>	Keep in touch with family and friends through call/text/video chat and talk about what you both did this week!	End the month by writing down 3 things you were grateful for or things that made you happy!