

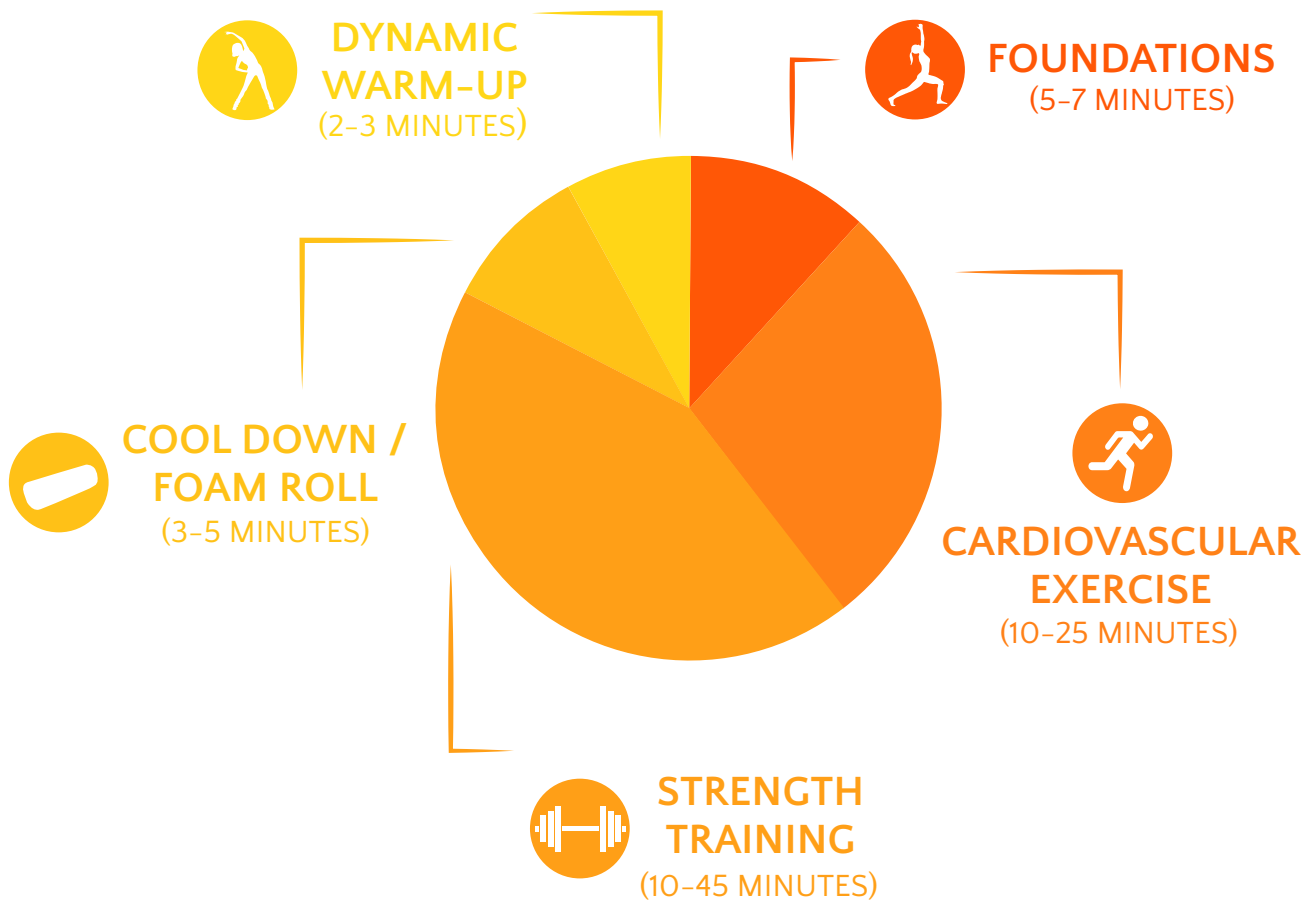


  
CHALLENGE

# MOVE

Movement is like compound interest. A little bit each day is all you need. Start to change your mindset around exercise. Most people think of exercise as a chore or work. We have renamed the word exercise to daily movement. Think about daily movement as something you do to feel good, versus something you have to do to lose weight. Your goal on this challenge is to add 5-10 minutes of movement to your life each day. Find things that you enjoy and can stick with. When incorporating movement into your life, try to include a variety of warm-up exercises, foundational balance poses, cardiovascular exercises, and strength training.

## 5 ESSENTIAL COMPONENTS



Just like you should eat foods from all food groups for optimal nutrition--  
The same is true for your exercise program.

Include a mixture of stretching, warm-up movements, balance poses, cardio, and strength exercises for optimal fitness. Here are the 5 essential components that make up the ideal fitness program.