



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