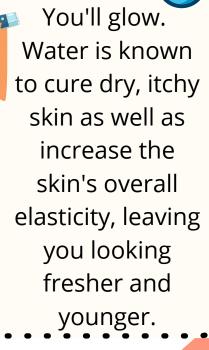




## **НЕДІТНҮ ЕДТЅ**



### WATER



#### **CHALLENGE!**





Exercise for 30 minutes daily

# MOTIVATION

Either you run the day; or the day;



#### LET'S STRETCH!

Click the YouTube icon for 8
Stretches you should do everyday to
improve Flexibility

