



Wellness

Stress Less Program

Calm your mind and body in this 14-day “Stress Less” program. Includes a day-by-day schedule of yoga, cardio, mindfulness, stretching, and nutrition classes to manage stress and promote a healthy, positive mindset. No equipment needed (yoga mat/block optional).

Recommended Equipment



Yoga Mat



Yoga Block

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	<p>Light & Ready</p> <p>(Cardio) 25 min</p>	<p>Gentle Yoga (Yoga) 30 min</p> <p>OR</p> <p>Stress Relief (Kickboxing) 20 min</p>	<p>Cooking to Reduce Stress</p> <p>(Recipes) 7 min</p>	<p>Strong Harmony (Yoga) 25 min</p> <p>OR</p> <p>African Dance (Dance) 15 min</p>	<p>Cardio Intervals</p> <p>(Cardio) 18 min</p>	<p>Stretch Away Stress</p> <p>(Yoga) 20 min</p>	<p>Anti-Inflammatory Foods</p> <p>(Nutrition Education) 5 min</p>
WEEK 2	<p>The Rookie Kickboxer</p> <p>(Cardio) 19 min</p>	<p>Yoga Flow (Yoga) 24 min</p> <p>OR</p> <p>HIIT Cardio (HIIT) 20 min</p>	<p>Breakfast: Start Your Day Right</p> <p>(Nutrition Education) 2 min</p>	<p>Yoga Stretch Live (Yoga) 20 min</p> <p>OR</p> <p>Strength & Cardio Circuit (HIIT) 25 min</p>	<p>Fun Feet</p> <p>(Dance) 29 min</p>	<p>Stretch & Align</p> <p>(Stretch & Release) 7 min</p>	<p>Eat Better, Sleep Better</p> <p>(Nutrition Education) 4 min</p>