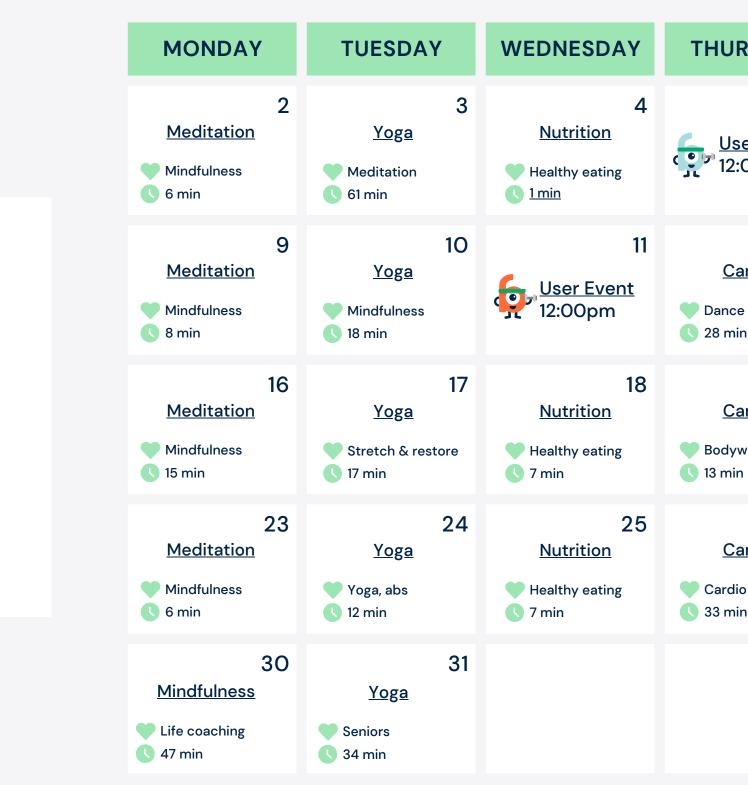
## December





## December playlist

Reflect on the year's wellness journey and achievements.

## **VIEW THE PLAYLIST**





## **burnalong**

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RSDAY	FRIDAY	SATURDAY	SUNDAY
5 ser Event :00pm	6 <u>Clinical</u> Corrective exercise 6 min	7 <u>Strength</u> Glutes, arms 31 min	8 Lifestyle Stress management 5 min
12 ardio e in	13 <u>Clinical</u> Mental health 3 min	14 <u>Strength</u> Bodyweight 30 min	15 <u>Lifestyle</u> Educational 26 min
19 ardio weight n	20 Educational Mental health 12 min	21 <u>Strength</u> Abs, legs 15 min	22 <u>Lifestyle</u> Meditation 3 min
26 ardio in	27 Educational Brain health 9 min	28 <u>Strength</u> Strength 17 min	29 Lifestyle Stress management 6 min
			Featured Partner