

Vital Moves Weekly Challenge Blast #22



#StopBoringWorkouts

Vital Moves is here to support, motivate and educate you as you continue to challenge yourself each week.

Weekly challenges are available at www.vitalmoves.net

...**predictable workouts** that can be done on autopilot
DO NOT promote conditioning changes

...**conditioning changes** (stronger-quicker-leaner) happen at
the edge of our comfort zone

Your Challenge This Week is intended to

S*T*R*E*T*C*H You

...literally and figuratively!

Every Day This Week

Take time to connect with your breath

Put your legs up the wall

Experience Supported Happy Baby Pose

Shrug your shouldersLift your heart**

Gentle twists – Ankle circles – Roll your feet

Join Janis Tuesday's at Noon for YogaStretch (\$8)

Try a Stretch & Roll Class (\$5) ... a Chair Yoga Class (\$5)

**...and/or a Level 1 Pilates (\$5) from Vital Moves Video
Library**

**Your neck, shoulders, back, hips, knees and feet will
thank you for it!**

...enjoy the process