


The background is a solid pink color, decorated with numerous small, white, rectangular confetti-like shapes scattered across the entire surface. At the top, there is a white, brush-stroke style banner.

# **WELLNESS PRACTICE**

A large, solid orange circle is centered on the page, serving as a background for the main title text.

**MOVING  
OUR  
BODIES**



**SIMPLY MOVING OUR BODIES CAN  
HAVE MAJOR EFFECTS ON OUR  
PHYSICAL AND MENTAL HEALTH.  
HERE ARE SOME SIMPLE WAYS TO  
STAY ACTIVE AND FEEL GOOD!**

# HAND STRETCHES



— PLACE YOUR HANDS IN A PRAYER  
POSITION AND KEEP YOUR ELBOWS  
UP AND EVEN.

# HAND STRETCHES



1. POINT YOUR HANDS UP AND  
HOLD.

2. POINT YOUR HANDS OUTWARD AND  
HOLD.

3. POINT YOUR HANDS INWARD AND  
HOLD.

# ARM STRETCHES



1. STICK OUT BOTH ARMS, PALMS FACING UP.  
SQUEEZE YOUR HANDS IN A FIST, HOLD, AND  
RELEASE.

2. TRY THIS WITH YOUR PALMS FACING DOWN.  
SQUEEZE YOUR HANDS IN A FIST, HOLD, AND  
RELEASE.



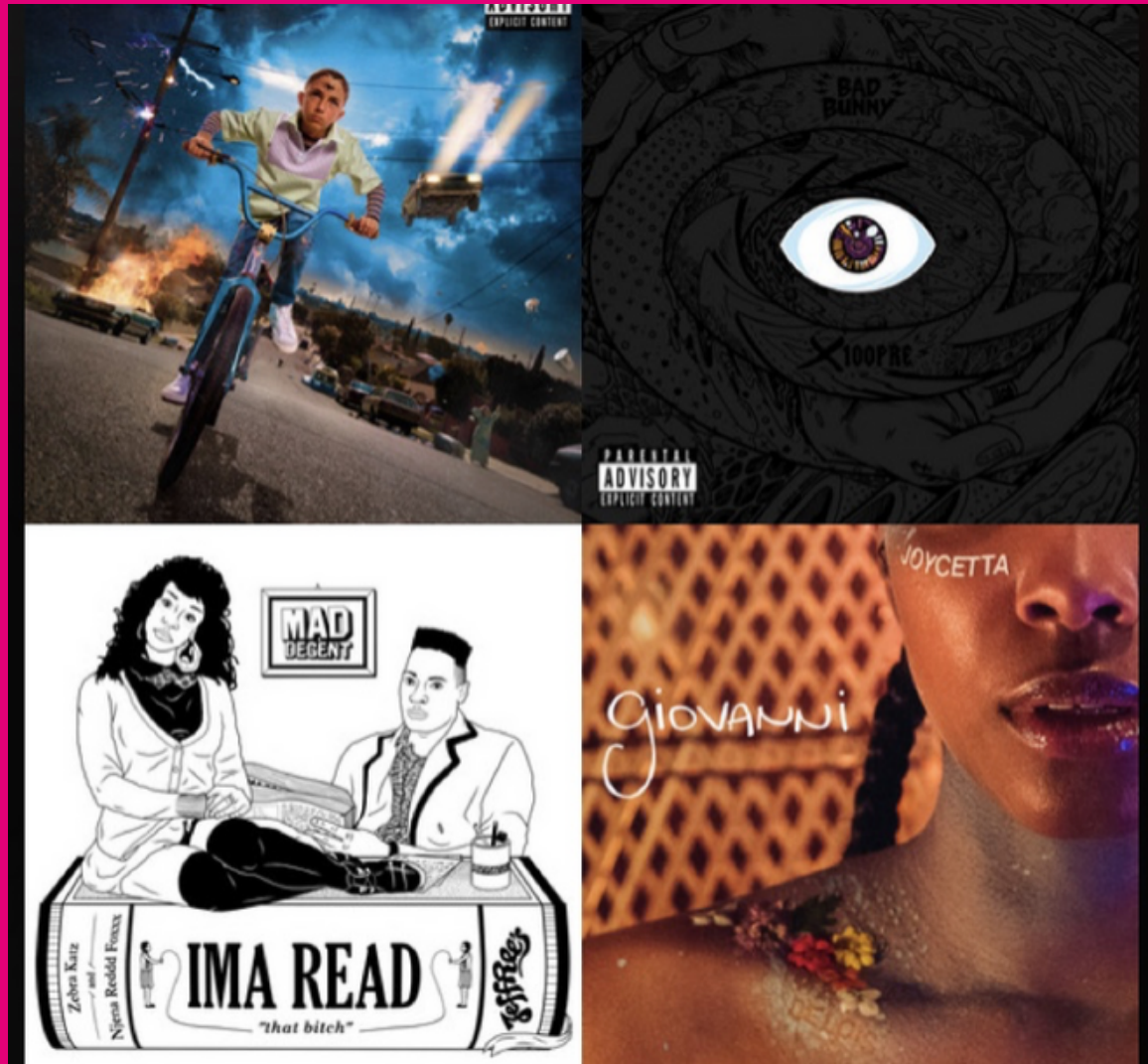
**DANCE**



**TURN SOME MUSIC ON AND  
JUST GROOVE!**

# DANCE TO THIS!

## \*TRUTH 2020 PLAYLIST\*



CLICK HERE!



# DANCE TO THIS!

## \*RESISTANCE PLAYLIST\*



CLICK HERE!