

Morning MOVEMENT

This challenge encourages you to start your day with movement. Gentle movement can help wake you up in the morning or calm you down in the evening. To successfully finish this challenge complete 20 movement sessions and mark them below.

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SAMPLE MOVEMENT ROUTINES:

Stretching Routines
5-18 minutes



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BYU Wellness
Dynamic Stretch Routine



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Tai Chi Moves for
Beginners



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