

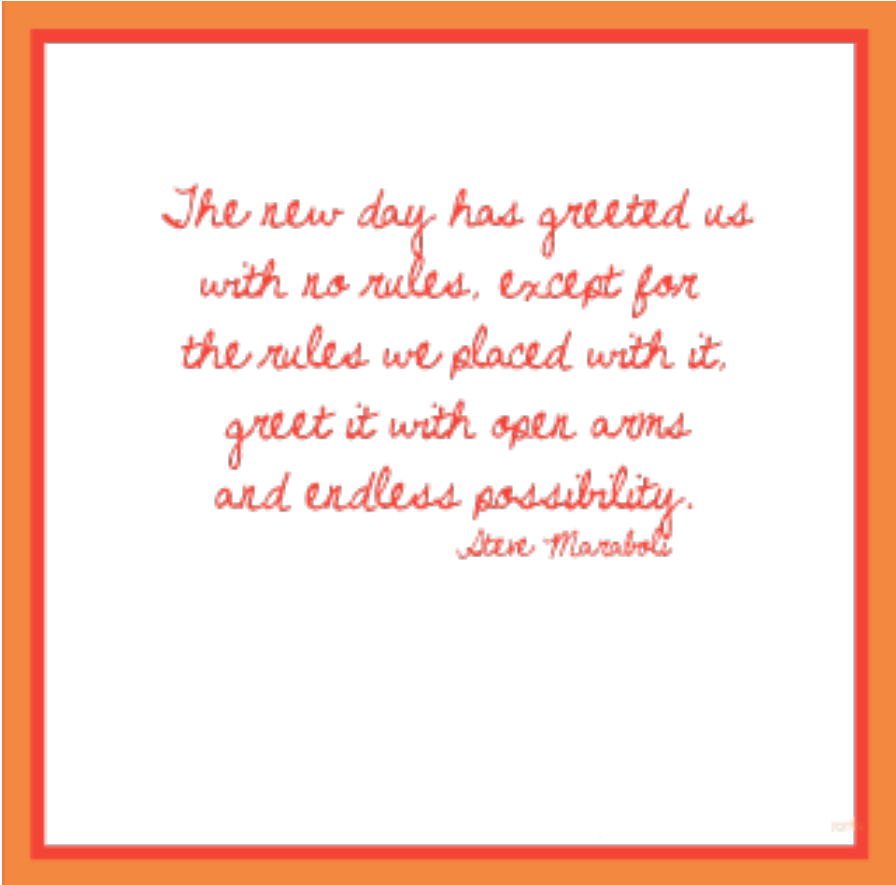
Day 13

Hey there!

It's almost been two weeks!

Practice what you have learned. Eat to feed your body, rest to feed your soul, and move your body whenever you can!

Happy Break!



The new day has greeted us
with no rules, except for
the rules we placed with it.
greet it with open arms
and endless possibility.
Steve Maraboli

Urban Wellness Bootcamp

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Day 13

Task

Enjoy the break! Think of someone who is important to you and spend 30 minutes with them....just enjoying each other. Put away your cell phone, turn off the television and enjoy their company uninterrupted.