

# Day 20

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Hola, amiga!

Here we are again at practicing, because new habits don't usually happen with the snap of a finger. We need to keep doing new things!

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

Happy Break!



# Urban Wellness Bootcamp

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## Day 20

# Task

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Enjoy this break! Practice an act of kindness with no expectation of return.