



self-care on a budget

EXERCISE EDITION

Yoga

YOGA WITH ADRIENE ON YOUTUBE

HIIT

FULL LENGTH AT HOME WORKOUTS
WITH HEATHER ROBERTSON ON
YOUTUBE

Hikes

NEAR OR FAR, EASY OR STRENUOUS
- NOTHING LIKE SOME TIME
OUTDOORS

OTF AT- HOME

ORANGETHEORY VIDEOS ON
YOUTUBE

Walks

LEISURELY WALKS AROUND YOUR
NEIGHBORHOOD OR A NEARBY PARK

