

October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Community health
1 <u>Brain Health</u> ♥ Seated fitness ⌚ 29 min	2 <u>Mindfulness</u> ♥ Gratitude ⌚ 6 min	3 ★ <u>Yoga</u> ♥ Chair yoga ⌚ 46 min	4 <u>Nutrition</u> ♥ Healthy recipe ⌚ 5 min	5 <u>Cardio</u> ♥ Bodyweight cardio ⌚ 17 min	6 <u>Mental Health</u> ♥ Educational ⌚ 6 min	7 <u>Strength</u> ♥ Strength, arms ⌚ 10 min	★ October playlist This month, we've curated a playlist with daily classes to help you work towards your health goals. Jump in at any time! VIEW THE PLAYLIST
8 <u>Women's Health</u> ♥ Educational ⌚ 10 min	9 <u>Stretch</u> ♥ Stretch and restore ⌚ 6 min	10 <u>Yoga</u> ♥ Yoga ⌚ 12 min	11 <u>Nutrition</u> ♥ Healthy recipe ⌚ 5 min	12 User Event 12 PM EST	13 <u>Mental Health</u> ♥ Educational ⌚ 24 min	14 <u>Strength</u> ♥ Strength, abs ⌚ 39 min	
15 <u>Cancer Wellness</u> ♥ Mindfulness ⌚ 45 min	16 <u>Mindfulness</u> ♥ Meditation ⌚ 10 min	17 <u>Yoga</u> ♥ Yoga ⌚ 31 min	18 User Event 12 PM EST	19 <u>Cardio</u> ♥ Bootcamp ⌚ 31 min	20 <u>Diabetes</u> ♥ Educational ⌚ 35 min	21 <u>Strength</u> ♥ Strength, glutes ⌚ 3 min	
22 <u>Women's Health</u> ♥ Healthy recipe ⌚ 30 min	23 <u>Breathing</u> ♥ Mindfulness ⌚ 6 min	24 <u>Yoga</u> ♥ Yoga ⌚ 47 min	25 <u>Nutrition</u> ♥ Healthy Recipe ⌚ 1 min	26 User Event 12 PM EST	27 <u>Parkinson's</u> ♥ Educational ⌚ 11 min	28 <u>Strength</u> ♥ Abs, Portuguese ⌚ 9 min	
29 <u>Nutrition</u> ♥ Healthy recipe ⌚ 7 min	30 <u>Mindfulness</u> ♥ Yoga ⌚ 17 min	31 <u>Yoga</u> ♥ Yoga ⌚ 30 min					

Community health

★ October playlist

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[VIEW THE PLAYLIST](#)

♥ Monthly Challenge

Log your Food Habits in the Burnalong Wellness Habits tracker. Make a recipe from the Healthy Eating & Recipes category and share on Instagram by tagging @goburnalong.

★ Featured Partner