

**burnalong**

## Coming to you live in June!

This month, we're zoning in on physical health. We'll dive into proper form while exercising, staying active while traveling, and properly fueling your workouts.



**JUNE 14 @ 12 PM ET**

Even when travel breaks up your normal routine, it doesn't have to interfere with your overall health, wellness, and movement goals. Instead, look for ways to incorporate fitness into your travel plans.



**JUNE 8 @ 12 PM ET**



Proper set up and good alignment are key when ensuring your movements are both effective and safe. From everyday activity to specific exercises, learn important technique tips that will set you up for a successful wellness routine.



**JUNE 29 @ 12 PM ET**



Good nutrition can optimize your workouts and fuel your performance. We'll give you specific recommendations for what to eat before, during, and after a workout to feel great while achieving the wellness results you want!



**THRIVE TOGETHER**