FINDING BALANCE IN YOUR SPIRIT, MIND & BODY

COMMUNITY CHALLENGE

SPIRIT • MIND • BODY • FOR ALL

- Get At Least 15 Minutes Of Moderate To Fast-Paced Exercise Each Day
- Read & Learn Often
- Meditate Regularly
- Practice Yoga
- Spend Time Outside
- Let Go Of The Little Things
- Slow Down
- Stop People Pleasing
- Avoid Gossip & Drama
- Laugh Often
- Avoid Sitting For Extended Periods Of Time
- Get Harsh Chemical Cleaners Out Of Your House
- Find A Career Path That Is Meaningful To You
- Fuel Your Passions
- Listen To Music Often
- Be Grateful
- Be Kind To Everyone
- Get Enough Sleep Each Night
- Detoxify Your Beauty Routine
- Cut Major Source Of Stress Out Of Your Life
- Travel & Learn About Other Cultures
- Forgive Yourself For Your Past Mistakes
- Opt For Natural Remedies Whenever You Can
- Add More Plant-Based Foods To Your Diet
- Get Involved In A Volunteer Organization Or Activism Group

the YMCA