Exercise - Things You Can Do In 10 Minutes

Add 10 minutes of at least one exercise into each day to improve your over-all health



Weight Training
Lift free weights or water
jugs 12 times in sets of three
reps



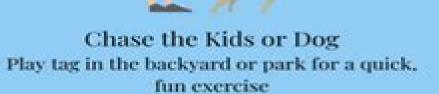
Stretching invigorate your muscles and mind with a solid stretch session



Walking
Take a lap around your
neighborhood before you
start or end your day



Yoga Stream a 10-minute video on YouTube or flow with an Instagram post





Soulercise 7 Tools To Exercise Your Soul Master Your Daily Life

RJ Shavelson

Soulercise 7 Tools To Exercise Your Soul Master Your Daily Life:

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