

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



Chase the Kids or Dog

Play tag in the backyard or park for a quick, fun exercise

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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