

AIR WELLNESS INTENTIONS RESET!

Activities and tools to do on your own and
as a group, each day.

SUNDAY: RESET RITUAL

Recharge for the week ahead with your own personal reset ritual. Meal prep nutritious meals, take a relaxing bath, or simply savor some quiet time. Do what nourishes your body and soul.

MONDAY: PRACTICE MINDFULNESS

Start your week with a 5–10–minute guided meditation. Share your intentions for the week in the Virtual Accountability Group and find support from your fellow adventurers!

TUESDAY: WRITE ON, WARRIORS

Ten minutes of journaling to unleash your inner writer. Join Creative Writing with Alyssa for an extra dose of inspiration!

WEDNESDAY: WARRIOR WEDNESDAY STRETCH

Unwind and recharge with a revitalizing mid-week stretch. Take your pick: Yoga with Dave or a Walk with Gabby! Or take 10–20 minutes to stretch either at home or at work.

THURSDAY: SWEAT & SLAY

Conquer your fitness goals with Bootcamp with Dave or Total Body Tone. Remember, every drop of sweat is a step closer to your well-being! Not able to join? Try a few simple bodyweight exercises at home, like push-ups or squats! You can reach out to our personal trainers to get a workout tailored to your needs.

FRIDAY: FLEX FRIDAY

Time to celebrate your achievements! Share your wins on Facebook, tag AIR, and inspire others on their wellness journey.

SATURDAY: NATURE'S RECHARGE

Embrace the outdoors! Go for a walk outdoors or join the AIR hike and reconnect with the beauty of the world. Breathe in the fresh air, breathe out stress.

Monthly activities
calendars on our website!



RESET