

SEPTEMBER YOGA AWARENESS MONTH

DAILY STRETCH & MINDFULNESS CHALLENGE

Celebrate National Yoga Awareness Month with 30 days of simple, feel-good stretches and breathing exercises. Whether you're brand new to exercise or looking to refresh your routine, these daily activities will help you move, relax, and recharge — no yoga experience needed!

SEPTEMBER FITNESS CHALLENGE



- How it Works:**
1. Spend 5–10 minutes on the day's activity.
 2. Wear comfortable clothes and find a quiet spot if you can.
 3. Focus on slow, steady breathing with each movement.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Stand tall, take 10 slow deep breaths in and out.	2 Reach arms overhead and stretch side to side.	3 Sit on the floor and gently twist your upper body side to side.	4 Step one foot forward into a gentle lunge, switch sides.	5 Sit with legs crossed, roll shoulders forward and back.	6 Stand with feet wide, bend forward and let arms hang.
7 Lie on your back, pull knees toward chest, hug and hold.	8 Sit tall, place one hand on the floor and reach the other over your head for a side stretch.	9 Sit with soles of feet together, gently lean forward.	10 Stand and reach for your toes (or knees if toes are far).	11 Step back into a gentle lunge and raise arms up.	12 Lie on your stomach, lift chest slightly, looking forward.	13 Sit with legs crossed, close eyes, and breathe deeply for 2 minutes.
14 Stand tall, raise arms overhead, then fold forward.	15 Hold a plank position on hands or forearms for 15 seconds.	16 Stand and sway gently side to side.	17 Lie on your back, stretch arms and legs long.	18 Sit and gently reach for your toes.	19 Step wide and bend one knee for a side lunge, switch sides.	20 Lie on back, place feet on floor, lift hips slightly.
21 Sit tall, place hands on knees, round and arch your back slowly.	22 Stand and gently twist your upper body left and right.	23 Sit, hug one knee toward your chest, switch sides.	24 Lie on your side, reach top arm overhead for a side stretch.	25 Stand and slowly roll down and back up.	26 Sit cross-legged, rest hands on knees, focus on breathing.	27 Kneel and reach arms overhead, lean back slightly.
28 Lie on your back, place feet on wall, relax.	29 Stand, clasp hands behind back, and open chest.	30 Sit comfortably, think of 3 things you're grateful for.				

Disclaimer: Before starting any new exercise routine, check with your healthcare provider, especially if you have any medical concerns or conditions. Move at your own pace, and stop if you feel pain or discomfort. Participation is voluntary and at your own risk.



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