Here we go...Our journey from LA to DC begins! Over the next five weeks let’s focus on feeding our body the best nutrients and our mind positive input so that we can move our Wellness Bus closer to our final destination, Washington DC! Visit the schools’ [wellness website] for more info.

This is your weekly challenge sheet with suggested tasks and activities in FIVE different areas to help motivate you and give you ideas/ information on ways to embrace health and wellness into your daily routine.

No matter what you choose to do this week for your mind, body and spirit, be sure to [log your activities in the Qualtrics form] to be entered in the raffle to win weekly prizes!

Your suggested Challenge Tasks this week are:

**FITNESS:**
- This week we suggest working on Hip Mobility through the use of corrective movements on at least THREE different days. The hip area can become tight and cause pain in the body due to sitting for long periods of time. Corrective movements geared at releasing tension in the hip area can restore mobility and alleviate pain.
- Be on the lookout for an instructional Hip Mobility video coming your way on Monday!

**NUTRITION:**
- This week we challenge you to drink AT LEAST 64 ounces of water every day.

**MENTAL/ MINDSET:**
- This week we will be focusing on living a purposeful life. We challenge you to answer the following question:
- What are FIVE things that move your soul (things you LOVE to do)?

**REST & RECOVERY/ De-STRESS:**
- We challenge you to take a couple of minutes out of your day, each day this week to take 10 deep breaths through your belly.

**SOCIAL/ HAPPINESS:**
- Your suggested task here is to try to go each day this week without gossiping