

# March

03/2024

burnalong®



## March playlist

Conquer the month of March with new recipes, nutrition tips and more!

[VIEW THE PLAYLIST](#)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 <u>Clinical Wellness</u> ♥ Education 🕒 2 min	2 <u>Strength</u> ♥ Arms, fit over 50 🕒 13 min	3 <u>Nutrition</u> ♥ Healthy eating 🕒 1 min
4 <u>Mental Health</u> ♥ Stress management 🕒 12 min	5 <u>Yoga</u> ♥ Mindfulness 🕒 9 min	★ 6 <u>Nutrition</u> ♥ Healthy eating 🕒 11 min	7 <u>User Event</u> 12:00pm	8 <u>Clinical Wellness</u> ♥ Chronic pain 🕒 8 min	★ 9 <u>Strength</u> ♥ Strength 🕒 50 min	10 <u>Nutrition</u> ♥ Education 🕒 6 min
11 <u>Goals</u> ♥ Life coaching 🕒 5 min	12 <u>Yoga</u> ♥ Beginner yoga 🕒 12 min	13 <u>User Event</u> 12:00pm	14 <u>Cardio</u> ♥ Cardio, education 🕒 6 min	15 <u>Clinical Nutrition</u> ♥ Diabetes 🕒 13 min	16 <u>Strength</u> ♥ Bodyweight 🕒 46 min	17 <u>Nutrition</u> ♥ Education 🕒 9 min
18 <u>Sleep</u> ♥ Stress management 🕒 8 min	19 <u>Yoga</u> ♥ Mindfulness 🕒 35 min	20 <u>Nutrition</u> ♥ Healthy eating 🕒 20 min	21 <u>Cardio</u> ♥ Bootcamp 🕒 20 min	22 <u>Clinical Nutrition</u> ♥ Education 🕒 10 min	★ 23 <u>Strength</u> ♥ Bootcamp 🕒 46 min	24 <u>Nutrition</u> ♥ Education 🕒 1 min
25 <u>Meditation</u> ♥ Mindfulness 🕒 10 min	★ 26 <u>Yoga</u> ♥ Full body flow 🕒 34 min	27 <u>Nutrition</u> ♥ Healthy eating 🕒 29 min	28 <u>User Event</u> 12:00pm	29 <u>Clinical Wellness</u> ♥ Education 🕒 5 min	★ 30 <u>Strength</u> ♥ Glutes 🕒 7 min	31 <u>Nutrition</u> ♥ Education 🕒 25 min

★ Featured Partner