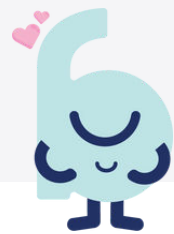


May

05/2024

burnalong®

Mind your health



May playlist

Mind your health with mental health classes, recipes, workouts, and more!

[VIEW THE PLAYLIST](#)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 <u>Nutrition</u> ♥ Healthy recipe 🕒 4 min	2 <u>User Event</u> 12:00pm	3 <u>Stretch</u> ♥ Improve posture 🕒 13 min	4 <u>HIIT</u> ♥ Arms, abs, glutes 🕒 31 min	5 <u>Sleep</u> ♥ Mindfulness 🕒 5 min
6 <u>Meditation</u> ♥ Mindfulness 🕒 11 min	7 <u>Yoga</u> ♥ Yoga 🕒 11 min	8 <u>User Event</u> 12:00pm	9 <u>Cardio</u> ♥ Dance 🕒 45 min	10 <u>Nutrition</u> ♥ Educational 🕒 13 min	★ 11 <u>Strength</u> ♥ Tabata 🕒 26 min	12 <u>Educational</u> ♥ Youth mental health 🕒 14 min
13 <u>Meditation</u> ♥ Mindfulness 🕒 14 min	14 <u>Yoga</u> ♥ Yoga 🕒 5 min	15 <u>Nutrition</u> ♥ Healthy recipe 🕒 8 min	16 <u>User Event</u> 12:00pm	17 <u>Physical Therapy</u> ♥ Women's health 🕒 16 min	★ 18 <u>Strength</u> ♥ Strength, cardio 🕒 3 min	19 <u>Life Coaching</u> ♥ Mental health 🕒 5 min
★ 20 <u>Meditation</u> ♥ Journaling 🕒 16 min	21 <u>Yoga</u> ♥ Yoga 🕒 11 min	22 <u>Nutrition</u> ♥ Educational 🕒 13 min	★ 23 <u>Cardio</u> ♥ Boxing 🕒 35 min	24 <u>Physical Therapy</u> ♥ MSK 🕒 3 min	★ 25 <u>Strength</u> ♥ Strength 🕒 20 min	26 <u>Educational</u> ♥ Mental health 🕒 11 min
27 <u>Mindfulness</u> ♥ Yoga 🕒 62 min	28 <u>Yoga</u> ♥ Yoga 🕒 16 min	29 <u>Nutrition</u> ♥ Healthy eating 🕒 5 min	30 <u>Cardio</u> ♥ Dance 🕒 23 min	31 <u>Nutrition</u> ♥ Clinical nutrition 🕒 7 min		

★ Featured Partner