

SHUTDOWN SHAKE UP

STAY
ACTIVE



While you are away for shutdown week (or on any trip out of town), log in to HealthFitness360 to maintain your healthy routine! Check out this schedule of suggested classes or explore the app on your own!

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Monday	Tuesday	Wednesday	Thursday	Friday
25 min <u>Low Impact</u> <u>Cardio</u>	20 min <u>Core and</u> <u>Abs</u>	20 min <u>Tabata</u>	20 min <u>Yoga</u>	20 min <u>Tabata</u>
10 min <u>Summer</u> <u>Grilling</u>	10 min <u>Quick</u> <u>Meals</u>	10 min <u>Sleep</u>	10 min <u>Relaxation</u>	10 min <u>Fitness</u> <u>Recovery</u> <u>Basics</u>

Get your Honda Wellness Center fix with these live classes:
JOIN PIPER ON MONDAY, JULY 1 AT 9AM FOR STRENGTH AND SWEAT
JOIN MEGAN ON WEDNESDAY, JULY 3 AT 9AM FOR YOGA

Log into HealthFitness360 on your phone or computer to complete one of the workouts or watch one of the educational videos. Stay healthy while on the road!

Not registered for HealthFitness360 yet? Download the app from the App Store or Google Play, and check in with Wellness center staff for the registration code.