



# RECONNECT



Reconnect five times with loved ones by phone, video chat or in person

Goal	Monday	Tuesday	Wednesday
	<p>Connection call &amp; workout with accountability partner</p> <p>On-Demand: 30 minute circuit workout with Joanie</p>	<p>LIVE Streamed Chair Yoga 11 a.m. EST</p>	<p>Plan a connection call and Strong Spirit workout with a friend/family</p>
Thursday	Friday	Saturday	Sunday
<p>Interval Walk Run 2 minute high intensity followed by 1 minute recovery</p> <p>Join a StrongLives Zoom call to share struggles and successes</p>	<p>On-Demand: Pilates 2</p>	<p>On-Demand: Band Together Total Body Workout</p>	<p>Challenge Day: plan a family/friend 5K walk or run. Complete this challenge together and share your successes. Take a pic and post in the Facebook community.</p>

