



**BETTER
HEALTH**

**14 day
challenge**

PART TWO

by Lucy
Wyndham-Read

suitable
for everyone

seated
and
standing

HOW IT WORKS

You simply complete my Better Health 14 Minute Workout as suggested below. Then tick off each day to complete your workout.



14 DAYS

DAY 1, 2, 3, 4 AND 5

COMPLETE THIS
14 Minute Better Health



DAY 6 **Sculpt Flow**



DAY 7 **Relax and Stretch**



DAY 8, 9, 10, 11 AND 12

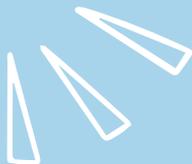
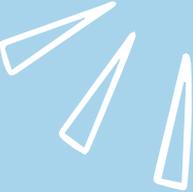
COMPLETE THIS
14 Minute Better Health



DAY 13 **Pilates Inspired Workout**



DAY 14 **Relax and Stretch**



TICK LIST



DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

BOOSTED FITNESS

BETTER HEALTH

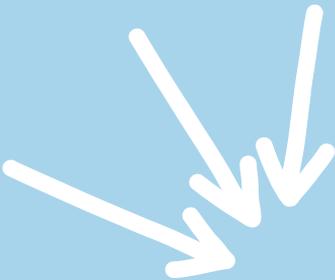
INCREASES ENERGY

MORE STAMINA

BRINGS HAPPINESS



SIDE EFFECTS OF EXERCISE



IMPROVES STRENGTH

HELPS WELLNESS

MAKES YOU FEEL CONFIDENT

LIFTS POSITIVITY

Useful Blogs For You To Read

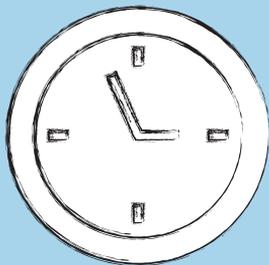
Click on the image to read the
blog



6 Tips
on Healthy
Eating



10 Motivating
Reasons to
drink
water



Find out
what the
best time to
workout is?



let's do this together



KEEP ME
UPDATED



ON
SOCIAL
MEDIA,



CLICK ON
ANY ICON
TO



CONNECT

