



Key #6 Nurture Your Body

Audio Classes Outline

I. Nurture Your Body

A. Rest

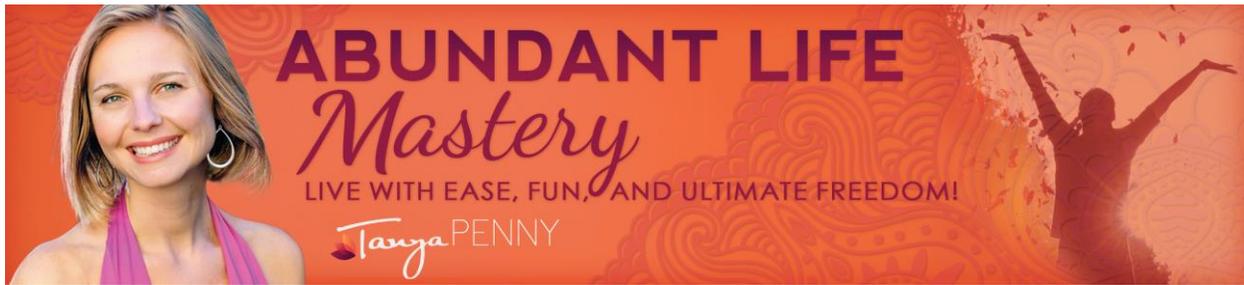
1. Sleep

2. Naps

3. Other

B. Movement

1. Stretch /Yoga



2. Cardio

3. Weights

C. Nutrition

1. Food

2. Supplements



II. Tools to Nurture Your Body