



THE ELEMENTS

There are four classic elements – Fire, Water, Air, and Earth.

Depending on the culture and belief system, the elements vary slightly in representation. In this challenge, we turn to a culture of wellness, with each element representing a different aspect of physical health.

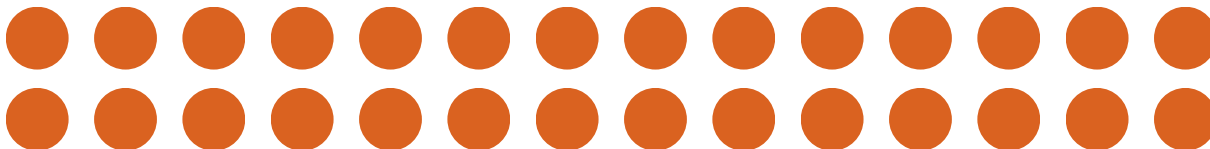
During this challenge, you will work to maintain balance between each of these elements by reaching each individual goal over the course of four weeks.



FIRE

Physical Activity

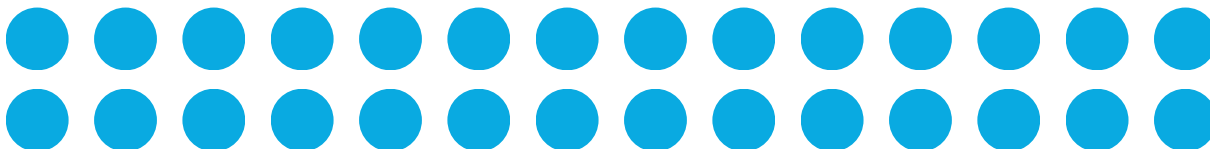
Complete at least two strength-training workouts per week.



WATER

Hydration

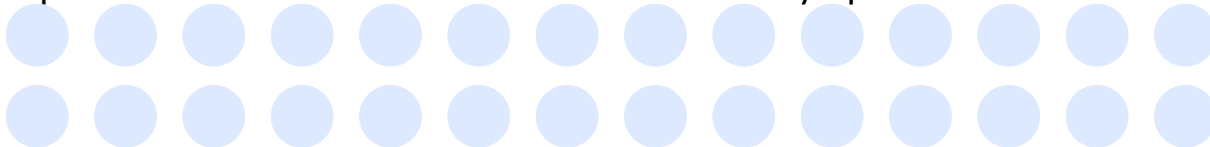
Consume half your weight in ounces of water at least 5 days per week.



AIR

Sun Exposure

Spend 15 minutes outside at least three days per week.



EARTH

Nutrition

Eat at least one meatless meal per week.

