

# Keep it Moving!

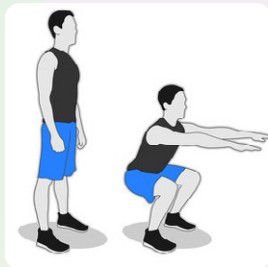


February is...  
**Wellness**  
—FOR ALL—  
**Month**

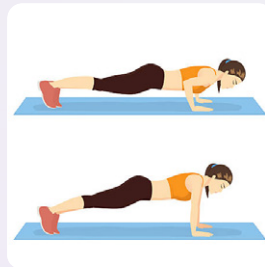
Beginning your journey to getting fit doesn't mean painful workout sessions and breaking the bank.

**Utilizing your body weight is a practical approach to building strength and improving fitness without any equipment. It's all about movement and starting small. Some key exercises to get you started include:**

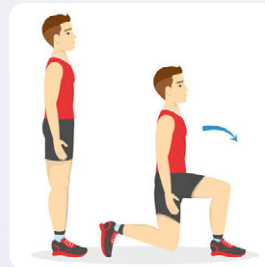
- **Squats:** Strengthen the lower body.
- **Push-ups:** Enhance upper body strength.
- **Lunges:** Improve balance and leg muscles.
- **Planks:** Develop core stability.



SQUATS



PUSH UPS



LUNGES



PLANKS

**Download the Free Caliber Workout Planner and Tracker App**  
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