

Keep it Moving!

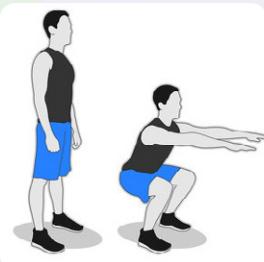


February is...
Wellness
-FOR ALL-
Month

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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For Apple iPhone Users:



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