

1

Discover wellbeing

CSSClife.

2

Check out the Virtual Studio
complete a live Yoga Class



3



It's all about INSIGHT!
fill in your details to start to track your progress.

4

Expand your tastebuds!
Search & find 100s of recipes for you to try



5



Keep Calm
Reduce your anxiety, check out one of our calming sessions

6

Let's get moving!
Beginner or Expert complete a mobility fitness video



7



Step by Step
Get out and about today and try and hit 10,000 steps

8



Better Sleep
Learn the secrets to a successful sleep with hints and tips.

9

Get up, Get moving
Complete a live morning Energizer class.



10



Track your food
Keep filling out your digital food diary and hit your goals!

11

Stress Less
Understand stress and learn how to manage it



12



Loosing weight?
Explore the secrets to successful weight loss

13

Need a dose of happy?
Search & find 100s of recipes for you to try



14



Need inspiration?
Cook something new today from 100s of recipes

15



Try something new
Take part in one of our pilate classes.

16

Be more mindful
Search & find 100s of recipes for you to try



17



Stop. Breath. Sleep.
Commit to better nights sleep.

18

Box your way to fitness
Take part in a live Combat class



19



Boost your energy
Use our tips and tricks to maximise your energy levels.

21

Get out, Get walking
See how many steps you can do & go for an outdoor walk



22



Enjoy your food
Don't forget to track your food and try new recipes!

23



Tone up!
Beginner, intermediate or advanced, take part in our live workouts

24

Reduce your stress
Complete a series of mindful meditations to ease worry & stress



25



Deal with your anxiety
Follow our podcasts and tips to help control your anxiety

26

Test your strength
Test and build your strength with our online fitness workouts



27



Learn to love yourself
Learn to tune out the critical inner voice and find self-compassion.

28

Did you complete the challenge?
Let us know

