

take on **27.** your way.

1.
yoga

2.
walk

3.
run

4.
lift

5.
breathe

6.
stretch

7.
cycle

8.
dance

9.
swing

10.
play

11.
box

12.
row

13.
skate

14.
surf

15.
paddle

16.
jump

17.
skate

18.
climb

19.
kick

20.
HIIT

21.
ride

22.
balance

23.
hike

24.
strength

25.
sprint

26.
swim

27.
move