



Move Wellthy

Wellness Journey

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Welcome back!

Your wellness journey



Morning exercise routine

9.98 km

Duration	Altitude climb	Heart Health
Achivemen	126m	Good

Your schedule for



Aqua fitness class

Scheduled activity



Racket sport session

Half an hour



Physical therapy

Workout duration

New articles

Friends activities



Morning workout routine - Challenge completed



Mindful meditation session - Mind body practice



Achieve Balance



Search for challenges

Join

Monthly Challenge

Physical

Mental

Wellness

Yoga

Nature Walk

Dance

Meditation

Mindfulness

Breathing

Progress Tracker

1



10

Explore





Explore



Challer

Challenge completed!

Recently completed



Yoga

**New yoga session
attended**

Recently updated



Achiev

**New personal best
achieved**

Recent accomplishment



Inspira

Seeking inspiration

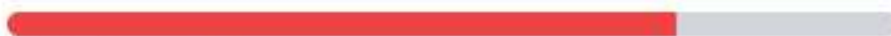
Recently active





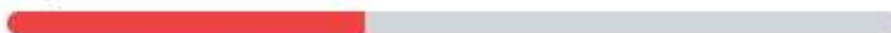
WellnessChallenges

Morning Yoga



70% Complete

Hydration Goal



40% Complete

Evening Meditation



90% Complete

[View Overall Progress](#)



 Positive

Join wellness challenge

All

Meditation

Yoga

Sleep

Confidence

Mindfulness

Relax

Gratitude

Fitness

Relaxing tunes



Nighttime
serenity



Cozy
feline



Dreamy
atmosphere



Mid
sies

Mindful moments

Focus & clarity

Evening
tranquility



Challer

Challenge completed!

Recently completed



Yoga

**New yoga session
attended**

Recently updated

