

# AT-HOME WORKOUTS THAT ADD UP!

No doubt our work and personal lifestyles have changed dramatically over the last several years, with some experiencing a shift in modality or place of work.

Even if not working from home, we may not be planning to return to a gym setting, have access to one, or time to go.

Join this discussion on some easy exercises you can do almost anywhere to stretch, strengthen and gain fitness. No equipment is necessary!

**Date:** Wednesday, September 10, 2025

**Time:** 12:00 - 1:00pm CT

**How to join:** [Click the link here](#) to join the Teams meeting. No registration required.

**Presenter:** Michelle Dawes, AllOne Health Personal Trainer & Wellness Coach

