Wellness Issue Challenge

**Day 1**
Join local climbing gym, scramble to ceiling 3X without plummeting.

**Day 2**
One hour of hot yoga. Sweat profusely.

**Day 3**
Snowboard just four weeks after 3D knee-replacement surgery.

**Day 4**
Tap inner toddler with an hour of finger painting.

**Day 5**
Bust a gut on Vermont probiotics. Digest liberally.

**Day 6**
Chill with heaping bowl of medical cannabis; binge watch “Nurse Jackie.”

**Day 7**
Commence taco diet. Muy sabroso!