The New York Times **The Healthy-Habits Well Challenge**	A 28-day plan to nourish your mind, body and spirit, one daily challenge at a time. *Families may want to do these together and/or monitor their student's engagement.
The New York Times	In 6-minutes, you can be done with your workout. Our three short workout videos will get your heart pumping and give you a full-body workout without a trip to the gym.