USLOOBI
WALK

LOOBI QUICK TIP #01

Work is done.
Time for me.

Great Work Today!

FOCUS
PLAN
MOVE
REPEAT

5:30
PM

USLOOBI

COURSE 007
WALKING
AFTER WORK

A short walk can
change your evening.

CLEAR MIND
Less stress

MORE ENERGY
Feel better

MOVE AFTER SITTING
Great for you

USLOOBI
— WALK —

LOOBI QUICK TIP #02

Just 15 minutes. Let's go!

MY GOAL
15:00
MINUTES

GOOD WORK TODAY!

WHY 15 MINUTES?

- Clear your mind
- Reduce stress
- Move your body
- More energy
- Sleep better

A short walk after work helps your body and mind.

TODAY'S MISSION
WALK FOR 15 MINUTES

LESS STRESS
Feel calm

MORE ENERGY
Feel alive

BETTER YOU
Every day

USLOOBI
WALK

LOOBI QUICK TIP #03

Fresh air feels good.

MY PROGRESS

07:00

MINUTES COMPLETED

HALFWAY THERE!

A short walk can clear your mind and help you recharge.

TODAY'S MISSION

WALK FOR 15 MINUTES

CLEAR MIND
Less stress

MORE ENERGY
Feel better

BETTER MOOD
Happier you

USLOOBI
— WALK —

LOOBI QUICK TIP #04

I'm glad
I came.

MY PROGRESS

15:00

MINUTES
COMPLETED

MISSION
COMPLETE!

A short walk
helps me reset
and feel better.

HOW I FEEL NOW

- Less stress
- More energy
- Better mood

TODAY'S MISSION
COMPLETED

WALK FOR
15 MINUTES

CLEAR MIND
Think better

MORE ENERGY
Feel stronger

BETTER SLEEP
Sleep deeper

USLOOBI
WALK

LOOBI QUICK TIP #05

Only 15 minutes. Big difference.

TODAY'S WALK
15:00
MINUTES COMPLETED
WELL DONE!

Walking after work was a great choice.
I feel better, more relaxed, and ready for my evening.

COURSE COMPLETE!
WALKING AFTER WORK

MAKE IT A HABIT
Even 15 minutes a day builds a better you.

NEXT COURSE
DON'T COMPARE YOURSELF

CLEAR MIND
Think clearer

MORE ENERGY
Feel stronger

BETTER MOOD
Enjoy more

BETTER SLEEP
Rest deeper