



## WFH Workout of the Day



### The Perfect Beginner Jump Rope Workout Routine

Looking for a fun exercise to strengthen and tone your body? Try jumping ropes! Jumping ropes aren't only for kids, they are effective workouts that count as a warmup as well as cardio. Skipping ropes provides a full-body workout that engages your core while stabilizing the rest of your body. It improves cardiovascular health and even boosts brain functions. We tried CrossRope's jump rope circuits for beginners and definitely felt the burn! CrossRope offers a 10 minutes workout for beginners as well as some advanced bonus circuits if you are feeling brave. Grab your jump rope and get ready for a heart-pumping workout session!

[TRY OUT TODAY](#)



## WFH Healthy Cooking



### Overnight Breakfast Recipes

Trying to catch more Zzz's but don't want to sacrifice breakfast? We believe that being well-rested is just as important as a hearty breakfast. Luckily, our friends at The Spruce Eats provided us with 17 delicious overnight recipes that are both nutritious and easy-to-make. Instead of rushing to make breakfast in the morning, try preparing breakfast the night before, we promise that these breakfasts taste even better!

[START COOKING](#)



## WHF Stress Relief



## When to Take a Rest Day

Taking a rest day allows time for recovery and muscle growth, which are both essential to our fitness progress. While taking a load off may seem like a relatively easy task to complete, one of the most challenging aspects of implementing a workout program is knowing when to rest and how much to rest. Coconuts and Kettlebells provided us with some insightful guidelines and tips to assess when it's time to give your body a break.

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