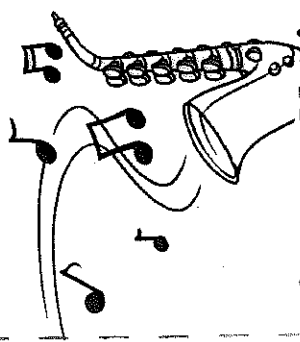


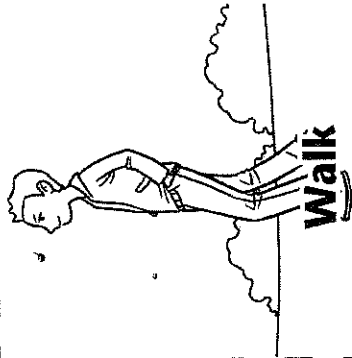
# ZONES Tools Menu



Listen to Music

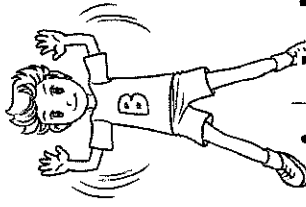


Squishes

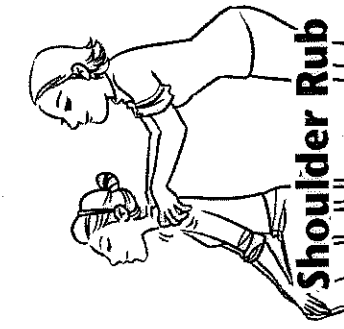


Walk

# ZONES Tools Menu



Jumping Jacks



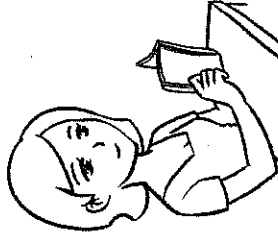
Shoulder Rub



Belly Breath



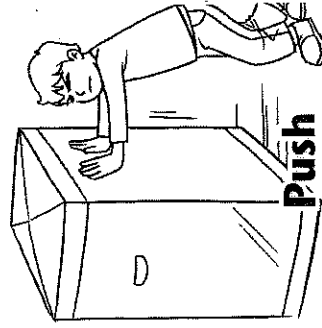
Carry



Read



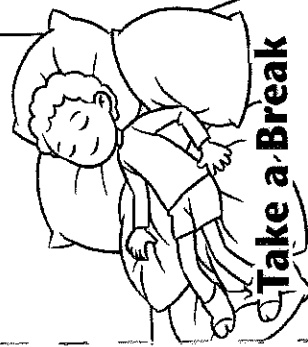
Run



Push



Inner Coach



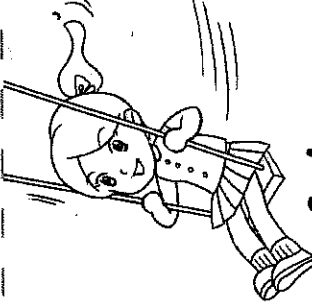
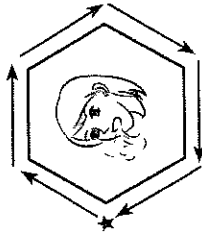
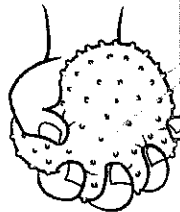
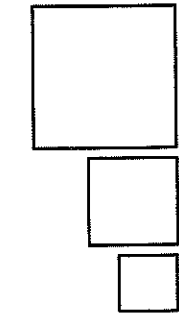
Take a Break



Lazy 8 Breathing



Tickle



Swing

