

Stuck at home? KANNACT CAN HELP!

Given the recent circumstances, Kannact is determined to combat COVID-19 with remote nurse coaching, accessible workouts for all experience levels, and mental health exercises to handle the stress of working from home. Watch our entire webinar or use the information below to find what's important to you!



JOIN US:

**CLICK HERE TO
VIEW OUR
WEBINAR!**

| | |
|---------------------------------------|-------|
| ✓ PHYSICAL ACTIVITY VS. EXERCISE..... | 00:56 |
| ✓ CARDIOVASCULAR TRAINING..... | 02:26 |
| ✓ RESISTANCE TRAINING..... | 04:34 |
| ✓ SEATED STRETCHES & EXERCISES..... | 12:01 |
| ✓ MENTAL HEALTH..... | 22:47 |
| ✓ GUIDED RELAXATION..... | 24:03 |
| ✓ GUIDED IMAGERY..... | 25:20 |
| ✓ DIET & GOAL SETTING..... | 27:29 |



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