

Here at Southwestern Medical Center, we hope that you, your family, and loved ones are safe and healthy.

We're committed to helping you stay active and on top of your goals. We're excited to introduce the Equinox Daily Check-In, where you'll receive workouts, nutrition tips, and mindful strategies every day.

Join your teammates and subscribe, by clicking [here](#).

EQUINOX

THE DAILY CHECK-IN



VARIS^{EQX}

TABATA: TOTAL TAKEOVER

Feeling a little stir-crazy? Us too. Let's burn through that with Tabata: Total Takeover—eight sets of exercises to help you torch some serious calories—in just 20 minutes.

[JOIN US ON IGTV](#)

RAIDING YOUR PANTRY?

Stop mindless snacking with a dopamine fast.

[LEARN THE TECHNIQUE](#)



POSITIVE THINKING

Acknowledge your feelings. Practice this no-judgement meditation and get in touch with your emotions.

[CENTER YOURSELF](#)

SPREAD THE MICRO-LOVE

You don't need to spend hours with a friend to feel social connection: the happiest people are the ones who share brief moments together.

[READ MORE](#)

