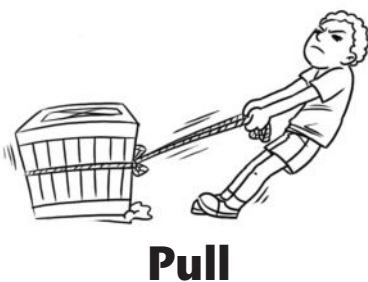
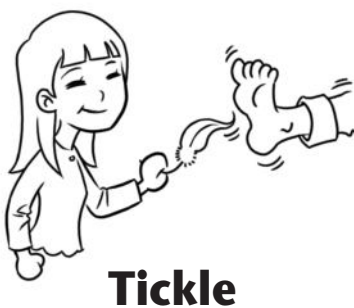


ZONE**S** Tools Menu



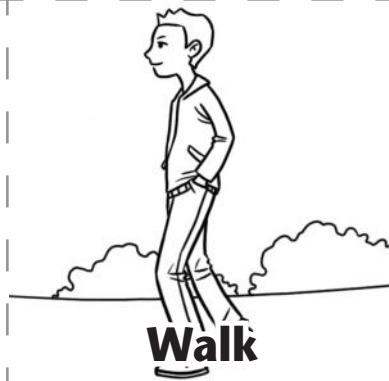
ZONE**S** Tools Menu



Listen to Music



Squishes



Walk



Jumping Jacks



Shoulder Rub



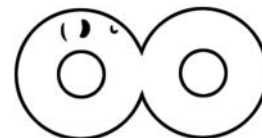
Belly Breath



Inner Coach



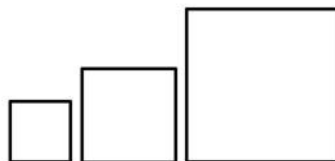
Take a Break



Lazy 8 Breathing



Fidget Ball



Size of Problem



Six Sides of Breathing