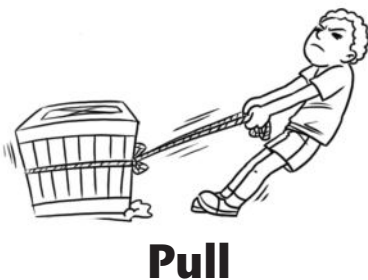
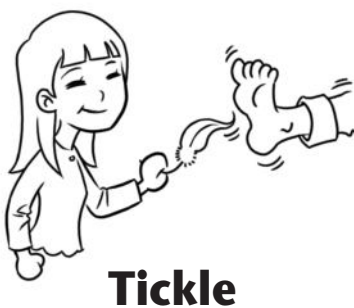


ZONES Tools Menu



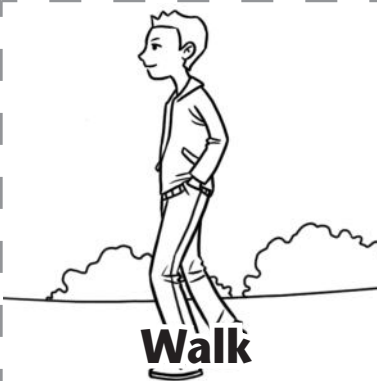
ZONES Tools Menu



Listen to Music



Squishes



Walk



Jumping Jacks



Shoulder Rub



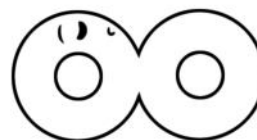
Belly Breath



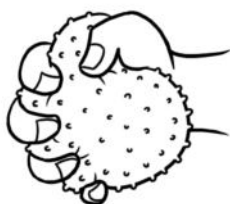
Inner Coach



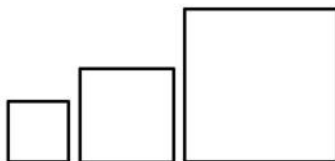
Take a Break



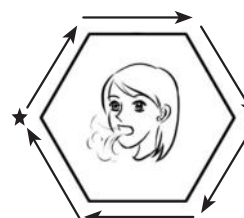
Lazy 8 Breathing



Fidget Ball



Size of Problem



Six Sides of Breathing