

## Health & Wellness

### Exercise

Start a new workout (for new exercisers):

- *“Alexa, open The Chair Workout.”*
- *“Alexa, start Engage workout.”*

Start a new workout (for experienced exercisers):

- *“Alexa, start Quick Fit workout.”*
- *“Alexa, start a random workout.”*
- *“Alexa, open personal trainer.”*
- *“Alexa open 5 Minute Workout.”*
- *“Alexa, start 7 Minute Workout.”*
- *“Alexa start the Body Coach.”*
- *“Alexa, Open Fitness Thirty.”*
- *“Alexa, start five minute plank.”*
- *“Alexa open pushup challenge.”*
- *“Alexa, open fit bit.”*

Use Alexa to time your exercise intervals:

- *“Alexa, start my exercise interval timer.”*
- *“Alexa, start Tabata workout.”*

Start a new Yoga or stretching session:

- *“Alexa, open easy Yoga.”*
- *“Alexa, launch Women's Health Yoga.”*
- *“Alexa, open full body stretch.”*

### Meditation, Affirmations & Relaxation

- *“Alexa, open daily meditation.”*
- *“Alexa, open Headspace.”*
- *“Alexa, open Peaceful Meditation.”*
- *“Alexa, play Mindfulness: One minute meditation.”*
- *“Alexa, open daily affirmation.”*
- *“Alexa, help me relax.”*
- *“Alexa, play relaxation sounds.”*
- *“Alexa, play rain sounds.”*