

JANUARY

A Stronger You



Healthy Habits

New season, better you! This kit includes a 2-week program to motivate your members to start fresh and create a healthy wellness routine.

FEBRUARY

Move with Heart



Heart Health Month

Raise awareness of cardiovascular health during American Heart Month! This kit includes a 4-week program with workouts to prioritize heart health and even supports the families of HopeKids MN.

MARCH

Nutrition 101



Nutrition Month

March is National Nutrition Month! This kit includes a 2-week nutrition program to help your members make informed food choices and inspire healthy eating habits.

APRIL

Stress Less



Stress Awareness Month

Help your members find healthy ways to cope with stress during Stress Awareness Month. This kit includes a 2-week program with fitness, nutrition, and mindfulness classes for relaxation and self-care.

MAY

You in Mind



Mental Health Awareness Month

Shine light on the importance of mental health during Mental Health Awareness Month. This kit includes mental health resources to help your members take care of their mind and body.

JUNE

Wellbeing at Work



Employee Wellbeing Month

Celebrate Employee Wellbeing Month! This kit includes a 4-week program with short office breaks to increase productivity, focus, and create a healthier, happier workplace.

JULY

Healthy Together



Social Wellness Month

July is Social Wellness Month! This kit includes fun, team-building activities to stay healthy and strong together, including family fitness classes and social community features.

AUGUST

Back to the Basics



Wellness Month

New to fitness or struggling to get back into a routine? This kit includes beginner-friendly classes and programs to help your members safely get started.

SEPTEMBER

Self-Care



Self-Care Awareness Month

Take time to reflect and listen to your body during Self-Care Awareness Month. This kit includes a 4-week program and recommended classes to help your members reset and refocus on their own health and wellbeing.

OCTOBER

Fit for Fall



Back on Track

Need help getting back in a routine? This kit includes a 4-week program with fun workouts, fall-inspired recipes, and wellness prompts to stay on track during life transitions.

NOVEMBER

Healthy for the Holidays



The Gift of Health

Ready to feel your best during the holidays? This kit includes healthy holiday-approved recipes, mindful eating and hydration tips, gratitude meditations, and quick workouts to relieve stress.

DECEMBER

Create Your Calm



Managing Stress

'Tis the season to destress! This kit includes mindfulness and meditation classes to help you pause, breathe, and remain calm during the busy holiday season.