



Employee Wellness Month

NEW live Move, Breathe & Stretch breaks created for June!

Posture Refresh: Screen Break

Reboot your spine and shoulders while giving your eyes a much-needed rest

Weekend Recovery Stretch

Ease into Monday with a restorative stretch that starts your week off right.

Quick Core for Better Posture

Stronger core, better posture. Just 5 minutes to feel more energized and supported all day.

Mobility for Summer Sports

Open up your hips, shoulders, and spine with movement that preps you for summer fun.

Mental Flexibility: The Inner Stretch

Build resilience and calm with a mindfulness break that stretches your mental muscles, too.

60-Second Calm: Micro-Mindfulness Break

One minute, big impact. Re-center fast with mindful breathwork designed for busy workday

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NEW Eat Well breaks created for June!

Quick Breakfasts for Productive Mornings

No time? No problem. Power through your mornings with these easy breakfast ideas.

Fuel for Focus: What to Eat Before Big Tasks

Sharpen your concentration with brain-boosting foods that calm and focus.

Lunches That Power You Through the Afternoon

Beat the 3 PM crash with balanced meals that keep your energy steady.

Meal Prep for People Who Hate Meal Prep

Low-effort, no-fuss hacks for staying nourished all week.

Desk Lunch Glow-Up: Easy Upgrades for Midday Motivation

Say goodbye to sad desk meals—let's reinvent your lunch break.

Desk-Drawer Essentials: Healthy Emergency Foods

Stock your space with grab-and-go snacks that keep you going strong.

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