

# August is National Wellness Month

New live breaks to explore!

Move

## **STRONG & STABLE: BALANCE TRAINING**

Train your balance, fire up your core, and move with more control.

## **FUNCTIONAL FIT: EVERYDAY STRENGTH**

Real-life strength to help you reach, lift, and bend with confidence.

Stretch

## **CORE & PELVIC STABILITY**

Strengthen deep core muscles and support your posture.

## **LOWER BACK LOVE**

Soothe tension and reset your spine—your back will thank you.

Eat Well

## **PERSONALIZED NUTRITION HACKS**

Smarter eating, tailored to your body—not a trend.

## **EATING TO SUPPORT HORMONES**

Balance your energy, mood, and metabolism with food.

Breathe

## **FRIDAY BRAIN RESET**

Fun coordination drills to boost clarity, focus, and mood.

## **NECK, SHOULDERS & MIND**

Breathe and unwind tightness in both body and mind.

Learn

## **THE BURNOUT-PROOF PARENT**

Recharge, set boundaries, and parent with less stress—small shifts, big impact.

## **OVERTHINKING DETOX**

Break free from mental spirals with simple, science-backed tools.

Explore More

## **FIND YOUR NEXT FAVOURITE**

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