

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.

FRIDAY BRAIN RESET

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

NECK, SHOULDERS & MIND

Breathe and unwind tightness in both body and mind.

Breathe

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.

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.

Learn

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.

FIND YOUR NEXT FAVOURITE

Love these? There's more where that came from.

→ brightbreaks.com/search-breaks?q=august

Explore More

There's [250 live short breaks](#) every week plus over [1,000 on-demand videos](#) to support you in your well-being.

You could win gift cards by engaging in live and on-demand content in [the Bright Breaks weekly draws!](#)

Head to brightbreaks.com/book to get started or scan the QR code to access the mobile app.

