

November is Men's Health Awareness Month

Live breaks to explore!

Move

5 & 7-MINUTE STRENGTH CIRCUITS

No equipment required to increase strength just few minutes at a time.

7-MINUTE SHADOW BOXING

Bust stress and boost cardio with boxing techniques.

Breathe

5 & 7-MINUTE GRATITUDE BREAKS

Practice gratitude and feel the difference after Gratitude & Gratitude in Motion sessions.

AUDIO ONLY MEDITATION & BREATHWORK

Be guided through 5 & 7 minute sessions without the need to look at a screen.

Stretch

7-MINUTE YOGALATES

Flow through a standing sequence that's a combination of yoga and pilates.

3-MINUTE CHAIR STRETCH

A quick break to refresh and refocus without standing up.

Learn

WEEKLY TRIVIA

10 minutes to test your knowledge and have fun.

CHECKPOINTS FOR LONG-TERM WELLNESS

Preventative self-care for everyday life
15 minutes, Tue Nov 18 @ 12:05pm PT / 3:05pm ET

Eat Well

COZY SOUP SEASON

Recipes & inspiration for the season perfect for soup.
15 minutes, Thu Nov 13 @ 10:05am PT / 1:05pm ET

NUTRITION'S ROLE IN MEN'S HEALTH

Practical food-based strategies to improve overall health in men.

15 minutes, Thu Nov 20 @ 10:05am PT / 1:05pm ET

On-Demand

MENTAL HEALTH & MEN

Dive into the importance of encouraging conversation.
7 minutes, watch anytime.

HOW TO ENCOURAGE HELP-SEEKING

Practical strategies to help men overcome stigma and take charge of their well-being.
7 minutes, watch anytime,

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

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

