



February is Heart & Preventative Health Month

Live breaks to explore!

Move

5-MINUTE HEART HEALTH CARDIO BLAST

High energy exercises that are fun and desk-friendly.

7-MINUTE DANCE FUSION

Dance and creative movement to different music genres.

Stretch

7-MINUTE HEART OPENING FLOW

Open your heart with this guided standing flow.

7-MINUTE SELF-LOVE STRETCH

Mindful movements designed to help you check in with yourself and your body.

Eat Well

NUTRITIOUS CHOCOLATE-Y TREATS

Dietitian-approved chocolate-y recipes.
15 minutes, Thu Feb 5 @ 10:05am PT / 1:05pm ET

ROMANTIC DINNER IDEAS FOR TWO

Inspiration for special meals to share.
15 minutes, Fri Feb 6 @ 12:05pm PT / 3:05pm ET

Breathe

AUDIO ONLY: SELF-LOVE MEDITATION

Meditate to nurture your mind and heart.

AUDIO ONLY: AFFIRMATION MEDITATION

Be guided through affirmations to bolster your well-being.

Learn

LOVE YOURSELF FIRST: SELF-CARE PRACTICES

A 15-minute dive into taking care of you,
Tue Feb 3 @ 12:05pm PT / 3:05pm ET.

TIPS FOR HEALTHIER RELATIONSHIPS

Two 15-Minute Sessions
Tue Feb 17 & 24 @ 12:05pm PT / 3:05pm ET

On-Demand

LINKING SELF-CARE TO HEALTHY HABITS

Dr. Vallis drops actionable wisdom about
adopting lasting change.
30 minutes, watch anytime.

PRIORITIZE LIKE A PRO

Turn that to-do list into a done list.
7 minutes, watch anytime,

➡ Check out the [new monthly leaderboard!](#)

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

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