



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.

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.

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.

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

Eat Well

NUTRITIOUS CHOCOLATE-Y TREATS

Dietitian-approved chocolate-y recipes.

15 minutes, Thu Feb 5 @ 10:05am PT / 1:05pm ET

On-Demand

ROMANTIC DINNER IDEAS FOR TWO

Inspiration for special meals to share.

15 minutes, Fri Feb 6 @ 12:05pm PT / 3:05pm ET

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.

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

