

March is Nutrition Month

Live breaks to explore!

Move

7-PILATES FUSION

A blend of pilates-inspired movement with functional strength.

7-MINUTE HIIT FOR HEALTH

A fast feel-good HIIT session to lift your heart rate and spirits.

NOURISH YOUR NERVOUS SYSTEM

Breath-work and gentle movement to activate your body's natural relaxation response.

MINDFUL MINUTES

A quick reset with something new to expect every session.

Breathe

Stretch

7-MINUTE HAPPY GUT STRETCHES

Stretches to support the digestive system and posture.

7-MINUTE POWER FLOW

A strong and dynamic yoga flow to re-energize your day..

EMPOWERMENT

A 15-minute exploration into intentionally moving forward after emotional experiences.
Tue Mar 24 @ 12:05pm PT / 3:05pm ET.

WEEKLY TRIVIA

10-Minute sessions to test your knowledge.
Wednesdays @ 12:05pm PT / 3:05pm ET

Learn

Eat Well

ALL ABOUT FIBRE

Learn about benefits of fibre and how to get more in your diet.

15 minutes, Thu Mar 19 @ 1:05pm PT / 4:05pm ET

NUTRIENT-DENSE SWEETS

Your sweet tooth will thank you for attending!

15 minutes, Mon Mar 23 @ 1:05pm PT / 3:05pm ET

SURPRISING FOODS THAT ARE HIGH IN SUGAR

Learn what common foods have more sugar than could be expected..

15 minutes, watch anytime.

MEAL PREP: CHICKEN BFASST BURRITOS

A healthy morning meal for busy days.

30 minutes, watch anytime,

On-Demand

➔ 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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