THE WELLNESS BLUEPRINT

JANUARY 2026

Healthy Hibernation

Winter is here, bringing dreary weather, shorter days, and a roster of seasonal illnesses. It's no wonder many people dread this time of year. But research shows that those who embrace winter actually report greater happiness, even in places where the sun disappears for months at a time. Shifting your mindset can make all the difference. Read on for ways to not just survive the winter months, but truly thrive!

Inspiration Corner

2025 showed a strong return to in-person well-being experiences as more employees returned to the office and employers looked for meaningful ways to incentivize in-person work. Our "2025 Wrapped" highlights the continued popularity of On-Site Health Fairs and showcases some of our newest, most popular, and most beloved stations! Click here to see the infographic.

Looking Ahead to March & April

This spring, we're focusing on two important pillars of health: nutrition and movement. Here is a selection of programs grouped by seasonal themes.

MARCH: NATIONAL NUTRITION MONTH

Discover the power of nutrition.

- *Seminar / Webinar / On-demand Video*: Eating for Wellness: Balance Your Plate with MyPlate
- *Hybrid Cooking Class*: Nutrition for Kids & Family Meal Planning
- *On-site Health Fair Station*: Ask a Registered Dietitian
- *Virtual Health Fair Mainstage Session*: Master Meal Planning
- *Challenge:* 30-Day Cooking Skills Challenge

APRIL: MOVE MORE MONTH

Let's get moving!

- *Fitness Class:* Guided Stretch
- *Cooking Class:* Stretch Your Pantry
- *On-site Health Fair Station:* Roll with It!
- *Virtual Health Fair Mainstage Session:* Vinyasa Yoga
- *Challenge:* 30-Day Fitness Challenge