

Monday

The holiday season may feel a little different this year, but it's still important to maintain a healthy routine!

Tuesday

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If you haven't done it already, now is a great time to plan your holiday budget! Manage your spending and savings with a financial wellness program.

Wednesday

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Pace yourself at mealtimes. Slow, mindful eating can leave you feeling more satiated.

Thursday

3

Keep your remote employees engaged, happy and healthy with a supportive company culture.

Friday

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Make online shopping a little more active:

- 5 squats for every new website you visit
- 10 jumping jacks when you add an item to your cart
- 30 second plank at checkout

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No holiday party? No problem! Give the gift of wellbeing this holiday season with VP GO.

8



Instead of reaching for coffee when the afternoon slump hits, try drinking a glass of water and taking an activity break for a quick energy boost.

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Stay on track with your wellbeing goals with the help of a health coach.

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Happy Hanukkah! Even if you can't be with family this holiday season, schedule some virtual face time each night with your loved ones.

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Looking for a new hobby that won't break the bank? Knitting is a great winter activity that can help you save money on gifts like hats, mittens and scarves.

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Sleep is vital to our physical and mental health, so get to bed early this week!

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Craving something sweet and festive?

Whip up a gingerbread latte at home with skim or non-dairy milk, vanilla extract, gingerbread spices and a dash of maple syrup or molasses.

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Schedule a virtual 5-minute meditation at the start of your team meeting today.

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Thinking about your resolutions for the upcoming year? A healthy lifestyle is crucial to preventing or managing chronic conditions.

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Celebrate the season with an Ugly Sweater Zoom party!

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We're spending less time in the sun, so it's important to incorporate Vitamin D-rich foods like canned tuna, salmon, eggs and fortified cereals and beverages.

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Schedule some time for mindfulness and relaxation this week to help you deal with the stress of the season.

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Enjoy your favorite dishes and desserts without guilt by adding in extra veggies and fitting in some exercise before an indulgent meal.

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If you're heading to a small holiday gathering this weekend, don't forget your mask and hand sanitizer!

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Merry Christmas and Happy Kwanzaa!

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Setting personal goals is great, but what about business goals? Resolve to take action and become a more equitable workplace in 2021.

29

You don't have to be trapped inside all winter. Snowshoeing, sledding and building a snow fort are fun, socially distanced ways to stay active.

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Plan out your meals for the next few days and stock up on nutritious ingredients in preparation for the new year.

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Set those New Year's resolutions and make them stick with these expert tips from BJ Fogg. Remember, small steps lead to big change.

Happy New Year! Prioritize health and wellbeing all year long with the help of our 2021 yearly wellbeing calendar!