

Monday

1

February is Black History Month and American Heart Month. Enable your entire workforce to prioritize their own wellbeing by [centering your workplace culture around health equity](#).

Tuesday

2

One month down, 11 to go. Check out what industry experts anticipate for the world of wellbeing this year in our [2021 Wellbeing Predictions ebook](#).

Wednesday

3

Working from home during the winter can result in lower activity levels. Sneak in some extra steps between meetings with household chores or walking while talking on the phone.

Thursday

4

Today is World Cancer Day. Don't delay cancer screenings. Early detection and treatment are crucial.

Friday

5

Heart disease is largely preventable through a healthy lifestyle. Take the first steps to a healthier you - [book a session with a certified health coach!](#)

8



#OurHearts is the theme for American Heart Month this year, reminding us that we're healthier together, even if we're physically apart. Reach out to a loved one and offer some support!

9

Resolutions check-in: [Are you on track with your 2021 goals?](#) Small steps build long-term habits.

10



Keep your mind sharp - try using your non-dominant hand to perform simple tasks or download a puzzle app.

11



Got 5 minutes? [Squeeze in a quick and effective workout.](#)

12

Don't let social distancing get in the way of Valentine's Day! Plan a Zoom dinner date or enjoy a romantic dinner together at home.

15

Are you making time for your mental health? [Beat burnout and build resilience with some of our favorite resources.](#)

16



Stuck inside with nothing to do? Sign up for an online class and learn something new!

17

Volunteer, [help a friend](#), [pay a compliment](#), [donate to a good cause...](#) these are all great ways to celebrate **Random Acts of Kindness Day!**

18

Season your foods with herbs and spices to reduce your salt intake without sacrificing flavor.
#AmericanHeartMonth

19



Get a better night's sleep by [finding a bedtime routine that you can stick to.](#)

22



Procrastinating? Make a daily to-do list. The visual reminder can help you find the motivation to tackle those tasks!

23

Chronic conditions like diabetes, hypertension & obesity can increase your risk for heart disease.
#AmericanHeartMonth
Ready to transform your health? Check out our digital therapeutic solutions for [prediabetes](#) and [weight management](#).

24

Make exercising at home more exciting by (virtually) involving friends! Commit to a time to workout together once a week over Zoom or Facetime.



25

Mindfulness is great for stress management and work-life balance. [Find out how to get started in our exclusive Q&A with Whil.](#)

26

Give yourself a compliment. You deserve it!