

Working on Wellness



COMING SOON!

FEBRUARY, APRIL, JUNE, AUGUST, OCTOBER AND DECEMBER

SIX IN 2026 WORKWELL WEBINARS



**DIVE DEEPER INTO WORKPLACE
TRENDS PRESENTED BY
WORKWELL PARTNERS.**

WEBINAR TOPICS COMING SOON!

PRESENTING PARTNERS



Holiday Fun Beyond the Food:

Activities That Bring Joy Without Centering on Eating

The holiday season is often filled with delicious meals and festive treats—but celebrations don't have to revolve around food to be meaningful. Focusing on connection, movement, and creativity can help reduce stress, support wellness goals, and create memorable experiences that last longer than any holiday dish. Here are some ideas for shifting the focus away from food during the holiday season:

- Volunteer in your community.
- Try a seasonal activity such as ice skating or winter hiking.
- Go on a walk and explore a new area with a friend or family member.
- Visit that museum or exhibit you've been wanting to see.

Consider what new healthy traditions you can start this year. The possibilities are endless!



Winter Quick Tips



Boost your immunity



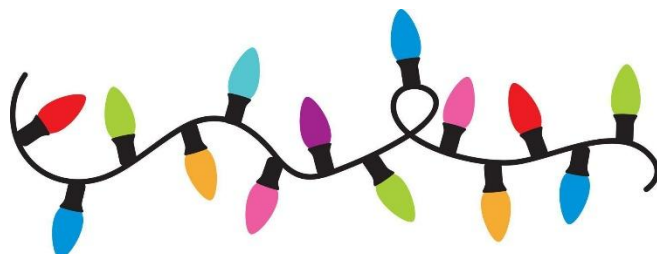
Wash and sanitize



Don't skip preventive care

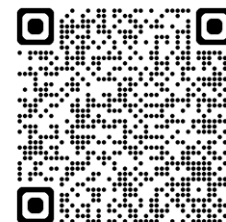


Keep moving



Build Sustainable Fitness and Nutrition Habits

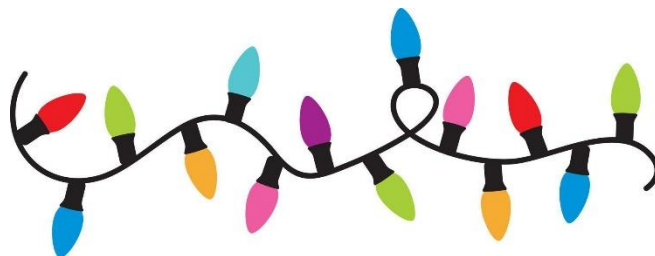
Building sustainable fitness and nutrition habits goes beyond short-term goals—it's about creating lasting routines that support long-term health. Quick fixes may work temporarily, but they don't lead to lasting change.



Clean Up, Burn Calories

Keep moving this winter! Remember, **you** can burn calories when you do chores around the house. House work can boost your [metabolism](#) and help manage your [weight](#).

- Vacuum carpet and floors
- Make and change the beds
- Clean up after a meal



20 Essential Desk Exercises You Can Do *Without* Leaving Your Office or Home Workspace

