

# September 2024



**Motto of the month:**  
You have two homes:  
Earth and your body.  
Take care of them.

Monday

Tuesday

Wednesday

Thursday


Friday


Saturday

Sunday

## Because health is personal™


1 Dedicate the first 10 minutes of your morning to meditation. Find a quiet, comfortable space and focus on your breathing to help set a positive tone for the day ahead.

 2 Take a moment this **Labor Day** to appreciate the achievements of workers and consider supporting local businesses or charities to honor the spirit of the day.


 3 **International Day of Charity**  
Consider donating to a cause close to your heart or volunteering your time to make a difference in your community.

4 Whip up a green smoothie that packs a punch of nutrients and energy. Combine spinach, avocado, and pineapple in a blender for a creamy, sweet, and satisfying morning drink.


5 We still have a few sunny days left. Let's protect our skin with at least SPF 30. Bear in mind skin cancer is the most common form of cancer in many countries.

 6 Ever wondered how to get started with meditation? [Check out this guide!](#)

7 Early to bed, early to rise - sleep well at night, be health-wise, wake refreshed, with bright eyes. 😊


 8 Wellness is the complete integration of body, mind, and spirit - the realization that everything we do, think, feel, and believe affects our well-being.

9 Check [these breathing exercises](#) for sleep improvement.

 10 **On Suicide Prevention Day**, reach out to loved ones to remind them they're not alone, and educate yourself on the signs of distress.

11 **Prioritize Sleep** - A good night's sleep is foundational to health and well-being. It helps to repair your body, consolidate memory, and reduce stress.

12 Check out these [12 ways to boost](#) your self-confidence!

 13 Explore [these strategies](#) to reduce workplace loneliness and boost employee well-being.


14 Curious how data-driven strategies can transform workplace health and productivity? Explore trends and solutions in our [2024 Employee Health and Productivity Report](#).

15 Chronic stress can significantly impact your health, leading to problems like high blood pressure. Techniques like meditation and regular physical activity can help manage stress levels.


16 [Discover effective strategies](#) to alleviate lower back pain in seniors and embrace your golden years with strength and confidence.

17 Excessive time in front of screens can impact your physical and mental health. Set limits for your screen time, especially before bedtime, to help improve sleep quality.

18 Commit to a bodyweight workout session focusing on strengthening both legs and arms. Remember, consistency is key, so aim for a routine that challenges you without overwhelming you.


 19 What would happen if you [stopped complaining for 30 days?](#)

20 Regular Health Check-ups - Prevention and early detection are key to managing many health conditions. Schedule regular visits with your healthcare provider even if you feel healthy.

 21 Get up and get moving this **National Dance Day** by joining a dance workshop, attending a local event, or simply having a dance party at home to celebrate the joy of dance.

22 **First Day of Fall**  
It's a great time to reset and prepare for the end of the year, perhaps by setting new goals or starting a fall-themed project.

23 [Here are six easy exercises for back pain](#) you can do in just minutes a day to prevent, reduce, and relieve work-related back pain.

 24 [7 surprising heart health facts](#) every mom should know.

25 See how Personify Health lowers healthcare spend by 23% with insights from [our latest independent actuarial study](#).

26 "To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear."  
— Buddha

 27 See how personalization powers healthier outcomes — dive into our [Wellbeing Health Cost Trends Report](#) to see the impact of our wellbeing program!

28 "Health is not just about what you're eating. It's also about what you're thinking and saying."

29 Allocate this day to significantly reduce your screen time. Start your morning without checking your phone.

30 Feeling unsure about how to discuss puberty with your child? Check these tips to make the talk easier and more effective.

## The world's #1 digital health & wellbeing solution

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