

# 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.


**International Day of Charity** 3 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 Discover [effective strategies](#) to alleviate lower back pain in seniors and embrace your golden years with strength and confidence.

 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 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.

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 Didn't catch our webinars live? Let's fix that! Dive into the [replays](#) now for fresh insights and strategies to uplift your team.


16 See how to [enhance engagement with hard-to-reach employees](#) and boost overall wellbeing and participation.

17 Struggling with rising healthcare costs? [Discover solutions](#) to common challenges and improve outcomes.

18 Wondering how better benefits navigation can enhance productivity? [Find insights and solutions now.](#)


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

20 Set up your HR team for success with our [Open Enrollment Toolkit](#). Discover tailored resources and insights to navigate the open enrollment period effectively!

 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 Uncover strengths and areas for improvement in your organization [with our scorecard!](#)

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

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

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

30 October is the perfect time to fall into better habits—nourish your mind, body, and soul for a season of true health and wellbeing.

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

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