

April

Content What's Coming and Going


2026 Journeys and Media – What’s Coming in April



Topic	Journeys (4/24/26) 	Media Topic	Media Weekly launches each Monday (weeks 1 & 2) 
<ol style="list-style-type: none"> 1. Men's Health* 2. Men's Health* 3. Cancer* 4. Grief & Loss* 5. Learning New Things** 6. Family Wellbeing** 7. Sleeping Well** <p><i>*TotalHealth Content Package</i> <i>**TotalWellbeing & TotalHealth Content Package</i></p>	<ol style="list-style-type: none"> 1. Hair Thinning: What to Know and What to Do Next 2. Lower Your Risk of Prostate Cancer 3. How To Reduce Your Cancer Risk 4. Navigating Anticipatory Grief 5. Your Guide to Safe and Satisfying Sex 6. Balancing Work & Family: A Guide for Parents 7. 5 Strategies To Ease Anxiety and Fall Asleep <p><i>*Journey with video</i></p>	<ol style="list-style-type: none"> 1. General Wellbeing 2. Health Situations 3. Personal Growth 4. General Wellbeing/Health Situations 5. Health Situations <ol style="list-style-type: none"> 1. Personal Growth/General Wellbeing 2. Health Situations 3. Health Situations 4. Healthy Eating 5. Health Situations/General Wellbeing/Physical Activity 6. General Wellbeing 	<p>April 6</p> <ol style="list-style-type: none"> 1. How Microglia Shape Memory and Brain Function 2. Nutrition Tips for Fever & Fatigue 3. Strong Leaders Create Strong Work Cultures 4. The Link Between Your Vagus Nerve, Heart Rate Variability and Longevity 5. What is an Autoimmune Disease? <p>April 13</p> <ol style="list-style-type: none"> 1. Coach Minute: Overcoming Setbacks 2. Common Symptoms of Irregular Thyroid 3. Pulmonary Rehab for Chronic Lung Disease 4. Make It: The Perfect Salad Formula 5. Trainer Tip: Self-Myofascial Release Tips for Beginners 6. The Link Between Oral Health and Your Longevity

Media – What’s Coming in April



Media Topic	Media- continued Weekly launches each Monday (week 3) 
<ol style="list-style-type: none"> 1. Physical Activity 2. Physical Activity 3. Physical Activity 4. Physical Activity 5. Meditation 6. Physical Activity 7. Meditation 8. Healthy Eating 9. Physical Activity 10. Physical Activity 	<p>April 20 <i>(all in partnership with FitOn)</i></p> <ol style="list-style-type: none"> 1. 100 Second Plank Challenge 2. 100 Squat Challenge 3. All About Salutations 4. Basic Chair Strength 5. Being Gentle 6. Dumbbell Strength Express 7. Easy Breath Work 8. How to Build Mindful Eating Habits 9. Intro HIIT 10. Iron Cardio

Media Topic	Media- continued Weekly launches each Monday (week 4+)
<ol style="list-style-type: none"> 1. Healthy Eating 2. Physical Activity 3. Physical Activity 4. Meditation/Emotional Balance 5. Physical Activity 6. Physical Activity 7. Emotional Balance/Meditation 8. Physical Activity 9. Physical Activity 10. Physical Activity 	<p>April 27 <i>(all in partnership with FitOn)</i></p> <ol style="list-style-type: none"> 1. Drink More Intelligently 2. Find Your Flow 3. Iron Abs 4. Make a Wish 5. Strength and TLC 6. Supercharge HIIT 7. The Art of Rest 8. Toned-Up Tabata 9. Walk With Me 10. Weighted Cardio

Daily Cards and More – What’s Coming in April



Topic	Daily Cards (4/24/26) 	Topic	Challenges & PHHC's 
<ol style="list-style-type: none"> 1. Sleeping Well** 2. Men's Health* 3. Cancer* 4. Grief & Loss* 5. Managing Illness, Injury & Pain** 6. Healthy Relationships** <p><i>*TotalHealth Content Package</i> <i>**TotalWellbeing & TotalHealth Content Package</i></p>	<ol style="list-style-type: none"> 1. Sleeping Well Topic: 3 New Cards 2. Men's Health Topic: ~10 New Cards 3. Cancer Topic: 5 New Cards 4. Grief & Loss Topic: 4 New Cards 5. Managing Illness, Injury & Pain Topic: 2 New Cards 6. Healthy Relationships Topic: 1 New Card 		<p>BoB PHHC: Connect Through Empathy (4/13 - 4/19)</p> <p>NEW 5-STAGE CHALLENGE TEMPLATE: 4/24/26</p> <ol style="list-style-type: none"> 1. Title: Cancer: From Awareness to Action 2. NOTE: All Digital Display assets will be available in Brandfolder by Mid-Late April.



Advance Notice

2026 New Challenge Templates:

- April: Staged Challenge- Cancer Prevention
- June: Step Into Sports Challenge (Destination)
- August: Holistic Challenge
- October: Race Around the World (Destination)

2026 Content – What’s Leaving in April



Topic	Retiring Journeys 		Retiring Media <i>(all in partnership with FitOn)</i> 	Topic
	N/A		<p>Retiring 4/19/26</p> <ol style="list-style-type: none"> 1. Upper Body Build Up 2. Lower Body Party 3. Fully-Loaded Dumbbell Workout 4. Stretch Zone 5. Wake Your Body Up 6. 10-Minute Move Challenge 7. Energizing Pilates 8. Healthy Eating Affirmations 9. When You're Short on Time 10. The Perfect Day <p>Retiring 4/26/26</p> <ol style="list-style-type: none"> 1. Tabata Turn Up 2. Total Body Strength 3. Walk and Tone 4. Joyful Flow 5. Beginner Flow 6. Energize and Move 7. Pilates for Beginners 8. The Water Trick for Weight Management 9. Eating for Longevity 10. 10 Breaths to Manage Stress 	
		Challenges		

Advance Notice