

February Content What's Coming and Going

2026 Journeys and Media – What's Coming in February



Topic	Journeys (2/13/26)	Media Topic	Media Weekly launches each Monday (weeks 1-2)
<ul style="list-style-type: none"> 1. Managing Illness, Injury & Pain** 2. Managing Illness, Injury & Pain** 3. Acting Sustainably** 4. Mental Health & Wellbeing** 5. Women's Health* 	<ul style="list-style-type: none"> 1. Thrive in 5: Stretch and Strengthen Your Back* 2. Confident Steps: Simple Strategies to Avoid Falls 3. Sustainable Shopping Habits You Can Start Today 4. Mental Health Reimagined: 5 Ways to Take Care 5. Navigating Menopause and Weight With Confidence <p><i>*Journey with video</i></p>	<ul style="list-style-type: none"> 1. Physical Activity 2. Physical Activity 3. Physical Activity 4. Physical Activity 5. Physical Activity 6. Physical Activity 7. Physical Activity 8. Health Situations/Healthy Eating 9. Healthy Eating 10. Emotional Balance/Meditation <ul style="list-style-type: none"> 1. Health Situations 2. Health Situations 3. Health Situations 4. Emotional Balance 5. Emotional Balance; Personal Growth 	<p>February 2 <i>(all in partnership with FitOn)</i></p> <ul 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 <p>February 9</p> <ul style="list-style-type: none"> 1. Real Stories: Jon's Path to Survivorship after a Cancer Diagnosis 2. Real Stories: Vanessa's Lessons from Surviving Cancer 3. Real Stories: Nicole's Life After a Stroke 4. Relax and Relieve Tension With 1 Simple Yoga Pose 5. Learn These Active Listening Tips

Media – What's Coming in February



Media Topic	Media- continued Weekly launches each Monday (week 3)	Media Topic	Media- continued Weekly launches each Monday (week 4)
1. Physical Activity 2. Physical Activity 3. Physical Activity 4. Physical Activity 5. Physical Activity 6. Physical Activity 7. Physical Activity 8. Healthy Eating 9. Meditation 10. Meditation	<p>February 16 <i>(all in partnership with FitOn)</i></p> <ul style="list-style-type: none">1. Essential Abs2. Amazing Arm Strength3. Energizing Walk4. Easy Seated Yoga5. Level Up Cardio6. Tabata Combos7. Total Body Toning8. How to Reduce Your Added Sugar Intake9. Self-Soothing Meditation10. Thank Your Body		<p>February 23</p> <ul style="list-style-type: none">1. General Wellbeing2. General Wellbeing; Emotional Balance3. Healthy Eating4. Emotional Balance; Personal Growth5. Financial Wellness; Personal Growth6. Physical Activity

Daily Cards and More – What's Coming in February



Topic	Daily Cards 	Topic	Challenges & PHHC's 
			BOB PHHC: Keep it Routine (2/9-2/15)

Advance Notice

2026 New Challenge Templates:

- Mar: World Soccer Challenge Theme (Destination)
- April: Staged Challenge topic TBD
- June: Step Into Sports Challenge (Destination)
- August: Holistic Challenge
- October: Race Around the World (Destination)

2026 Content – What's Leaving in February



Topic	Retiring Journeys	Io		Retiring Media	DP	Topic
	N/A			<p>Retiring 2/1/2026</p> <ol style="list-style-type: none"> 1. Daily Reflection 2. Easy Sweat 3. Emotional Eating 4. Full Body Flex 5. Relaxing Yoga Flow 6. Strong All Over 7. Tempo Full Body Pilates 8. Understanding Intermittent Fasting 9. Walk with Weights 10. Well-Rounded Flow <p>Retiring 2/16/26</p> <ol style="list-style-type: none"> 1. Anytime Aerobics 2. Beginner Strength and HIIT Intervals 3. Fit and Strong 4. Inspired Flow 5. Moments of Gratitude 6. Stride & Shine 7. Surrender and Grace 8. Tempo and Tone 9. The Hunger Fullness Scale 10. Upper Body Party 		<p>Advance Notice</p>
			Challenges			<p>ILTH™ ALL RIGHTS RESERVED • PAGE 5</p>