

March

Content What's Coming and Going

2026 Journeys and Media – What’s Coming in March



Topic	Journeys (3/27/26) 	Media Topic	Media Weekly launches each Monday (weeks 1 & 2) 
<ol style="list-style-type: none"> 1. Being Productive** 2. Women's Health* 3. Women's Health* 4. Diabetes* 5. Eating Healthy** 6. Getting Active** 7. Being Tobacco-Free* 8. Getting Active** <p><i>*TotalHealth Content Package</i> <i>**TotalWellbeing & TotalHealth Content Package</i></p>	<ol style="list-style-type: none"> 1. Rising Above Self-Doubt and Imposterism 2. Breastfeeding Basics: Empowering Tips for New Moms 3. Parenting Teens While Going Through Perimenopause 4. Type 2 Diabetes Remission: What You Need to Know 5. Thrive in 5: Fill Up With Fiber* 6. Your Practical Guide to Better Back Mobility* 7. Your Vaping Quit Quest: Say Goodbye for Good* 8. Your Guide to Building Strength Without Weights <p><i>*Journey with video</i></p>	<ol style="list-style-type: none"> 1. Physical Activity 2. Physical Activity 3. Physical Activity 4. Meditation & Emotional Balance 5. Physical Activity 6. Physical Activity 7. Meditation 8. Physical Activity 9. Physical Activity 10. Physical Activity <ol style="list-style-type: none"> 1. Health Situations 2. General Wellbeing 3. General Wellbeing 4. Health Situations 5. Health Situations 	<p>March 2 <i>(all in partnership with FitOn)</i></p> <ol style="list-style-type: none"> 1. 10 Bridge Exercises for a Strong Back 2. 10-Minute Core Challenge 3. Beginner Intervals 4. Body Positivity Affirmations 5. Bodyweight HIIT Workout 6. Easy on Joints Cardio 7. Everything Calm 8. Seated Full-Body Stretch Routine 9. Slow Bodyweight Fusion 10. Total Body Pilates <p>March 9</p> <ol style="list-style-type: none"> 1. Find Your Movement Sweet Spot for Pain Management 2. Healthy Teeth for Healthy Kids 3. Protect Your Teeth With Proper Brushing 4. Release Back Pain with These Restorative Stretches 5. Understanding Good Pain vs. Bad Pain

Media – What’s Coming in March



Media Topic	Media- continued Weekly launches each Monday (week 3)	Media Topic	Media- continued Weekly launches each Monday (week 4+)
<ol style="list-style-type: none"> 1. Physical Activity & Emotional Balance 2. Physical Activity 3. Physical Activity 4. Physical Activity 5. Physical Activity 6. Physical Activity 7. Physical Activity 8. Physical Activity 9. Physical Activity 10. Physical Activity 	<p>March 16 <i>(all in partnership with FitOn)</i></p> <ol style="list-style-type: none"> 1. Fitness Affirmations 2. HIIT Express 3. Legs on the Floor 4. Low Impact Power Up 5. Lower Body Mini-Band Workout 6. Power Glute Workout 7. Quick Fix Mix 8. Strengthen Your Core 9. Stronger Arms & Abs 10. Superior Strength 	<ol style="list-style-type: none"> 1. General Wellbeing/Personal Growth 2. Financial Wellness 3. Financial Wellness 4. Personal Growth 5. Financial Wellness <ol style="list-style-type: none"> 1. Emotional Balance & Personal Growth 2. Health Situations & Healthy Eating 3. Healthy Eating 4. Health Situations 5. Physical Activity 6. Health Situations & Healthy Eating 	<p>March 23</p> <ol style="list-style-type: none"> 1. Building Your Confidence in Social Situations 2. How To Choose A Financial Advisor 3. Longevity Planning For Financial Stability 4. Looking for Your Passion? Start by Volunteering 5. Raising Financially Responsible Children <p>March 30</p> <ol style="list-style-type: none"> 1. Coach Minute: The Power of Reframing Challenges 2. Going Gluten-Free For Beginners 3. Make It: High-Protein, High-Fiber Breakfast Solutions 4. Manage Cravings Mindfully with Urge Surfing 5. Trainer Tip: 1-Minute Bodyweight Strength Challenge 6. Understanding Celiac Disease, Gluten Sensitivity and Wheat Allergies

Daily Cards and More – What’s Coming in March



Topic	Daily Cards (3/27/26) 	Topic	Challenges & PHHC's 
<ol style="list-style-type: none"> 1. Women's Health* 2. Getting Active** 3. Being Tobacco-Free* 4. Diabetes* <p>*TotalHealth Content Package **TotalWellbeing & TotalHealth Content Package</p>	<ol style="list-style-type: none"> 1. Women's Health Topic: ~7-10 new Cards 2. Getting Active Topic: ~6-10 new Cards 3. Being Tobacco-Free Topic: ~3 new Cards 4. Diabetes Topic: ~5 new Cards 		<p>NEW DESTINATION CHALLENGE TEMPLATE: 3/2/26</p> <ol style="list-style-type: none"> 1. Global/Base Title of Template: Goal Getters: A Global Football Trek 2. EN-US Title of Template: Goal Getters: A Global Soccer Trek <ul style="list-style-type: none"> o <i>This is what will show for members with US English as their language</i> 3. Destinations: 15 4. <i>NOTE: All Digital Display assets are available in Brandfolder.</i> <p>BoB PHHC: Speak Up (3/9-3/15)</p>

Advance Notice

2026 New Challenge Templates:

- Mar 2: World Soccer/Football 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 March



Topic	Retiring Journeys 		Retiring Media <i>(all in partnership with FitOn)</i> 	Topic
	N/A		<p>Retiring 3/1/26</p> <ol style="list-style-type: none"> 1. 5 Minutes of Peace 2. 360° Sweat 3. A New Day 4. Athletic Arms 5. Coming Home To Myself 6. Intro to Mindful Eating 7. Low Impact Ladder 8. Power Pilates & Barre 9. Smart Strength 10. The Power of Protein <p>Retiring 3/15/26</p> <ol style="list-style-type: none"> 1. Eating for Satiety 2. Fire It Up Fusion 3. Legs, Shoulders & Arms Basics 4. Light Weight Cardio 5. Quiet the Mind 6. Restore and Relax 7. Standing Strength 8. The Calm Within 9. Time for Bed 10. Toning Era 	
		Challenge s		

Advance Notice