

May

Content What's Coming and Going


2026 Journeys and Media – What’s Coming in May



Topic	Journeys (5/22/26) 	Media Topic	Media Weekly launches each Monday (weeks 1 & 2) 
<ol style="list-style-type: none"> 1. Getting Active** 2. Learning New Things** 3. Managing Illness, Injury & Pain** 4. Managing Stress** 5. Healthy Relationships** 6. Men's Health* 7. Diabetes* <p><i>*TotalHealth Content Package</i> <i>**TotalWellbeing & TotalHealth Content Package</i></p>	<ol style="list-style-type: none"> 1. A Beginner's Guide to Pilates* 2. Everyday Habits That Support Healthy Aging 3. Basic First Aid: Build Confidence With Preparation 4. Recharge With Better Sleep and Purposeful Rest 5. Sharing the Mental Load for a More Supportive Home 6. Stronger Together: Male Friendships Matter 7. Working to Reverse Prediabetes <p><i>*Journey with video</i></p>	<ol style="list-style-type: none"> 1. Emotional Balance 2. Personal Growth 3. Healthy Eating 4. Emotional Balance/Meditation 5. Healthy Eating <p>1-5 Getting Active 6. Meditation 7-9 Getting Active 10. Meditation</p>	<p>May 4</p> <ol style="list-style-type: none"> 1. A Soothing Menopause Meditation 2. Earth-Friendly Tech Tips 3. What Makes Superfoods So Super? 4. 2-Minute Qigong Breath to Bring Inner Peace 5. What is a Superfood? <p>May 11 <i>(all in partnership with FitOn)</i></p> <ol style="list-style-type: none"> 1. Cardio Fit 2. Challenging Arm Workout, No Standing Required 3. Head to Toe Go 4. Inner Magic Level 5. Next Level Abs 6. Pre-Workout Energy 7. Pulse and Precision Pilates 8. Relax and Stretch 9. Ten Minute Tabata 10. Unwind and Replenish

Media – What’s Coming in May





Media Topic	Media- continued Weekly launches each Monday (week 3) 
<ol style="list-style-type: none"> 1. Personal Growth 2. Physical Activity 3. Healthy Eating 4. Health Situations 5. Health Situations 6. Physical Activity 	<p>May 18</p> <ol style="list-style-type: none"> 1. Can You Trust AI With Your Health? 2. Coach Minute: Move Well, Rest Well 3. Make It: Easy Egg and Veggie Breakfast Bowl 4. Prediabetes: Manage Your Blood Sugar With Exercise 5. Prediabetes: Quality Sleep Matters for Blood Sugar 6. Trainer Tip: HIIT Basics

Media Topic	Media- continued Weekly launches each Monday (week 4+)
<p>1- 10 Physical Activity</p>	<p>May 25 <i>(all in partnership with FitOn)</i></p> <ol style="list-style-type: none"> 1. Blissed Out Stretch 2. Core Trimming Cardio 3. Easy Warm Up 4. High Power HIIT 5. Low Impact Quick Bodyweight Workout 6. Low Impact Zone 7. Mindful Cool Down 8. Recovery Day 9. Slow Strength Fusion 10. Wiser and Stronger

Daily Cards and More – What’s Coming in May



Topic	Daily Cards (5/22/26) 	Topic	Challenges & PHHC's 
<ol style="list-style-type: none"> 1. Healthy Relationships** 2. Managing Illness, Injury & Pain** 3. Managing Stress** 4. Brain Health** 5. Getting Active** 6. Eating Healthy** 7. Diabetes* 8. Men's Health* <p><i>*TotalHealth Content Package</i> <i>**TotalWellbeing & TotalHealth Content Package</i></p>	<ol style="list-style-type: none"> 1. Healthy Relationships Topic: 4 New Daily Cards 2. Managing Illness, Injury & Pain Topic: 4 New Daily Cards 3. Managing Stress Topic: 4 New Daily Cards 4. Brain Health Topic: 1 New Daily Card 5. Getting Active Topic: 1 New Daily Card 6. Eating Healthy Topic: 1 New Daily Card 7. Diabetes Topic: 3 New Daily Cards 8. Men's Health Topic: 4 New Daily Cards 		<p>BoB PHHC: Device-Free Zone (5/11 - 5/17)</p>



Advance Notice

2026 New Challenge Templates:

- June: Step Into Sports Challenge (Destination)
- Q3/Q4:
 - Holistic Challenge
 - Race Around the World (Destination)

2026 Content – What’s Leaving in May



Topic	Retiring Journeys 		Retiring Media <i>(all in partnership with FitOn)</i> 	Topic
	N/A		<p>Retiring 5/10/26</p> <ol style="list-style-type: none"> Essential Abs Amazing Arm Strength Energizing Walk Easy Seated Yoga Level Up Cardio Tabata Combos Total Body Toning How to Reduce Your Added Sugar Intake Self-Soothing Meditation Thank Your Body <p>Retiring 5/24/26</p> <ol style="list-style-type: none"> 10 Bridge Exercises for a Strong Back 10-Minute Core Challenge Beginner Intervals Body Positivity Affirmations Bodyweight HIIT Workout Easy on Joints Cardio Everything Calm Seated Full-Body Stretch Routine Slow Bodyweight Fusion Total Body Pilates 	
		Challenges		

Advance Notice