

November

Content What's Coming and Going

2025 Journeys and Media – What’s Coming in November



Topic	Journeys (11/14) 	Topic	Media Weekly launches each Monday (weeks 1-2) 
1. Grief & Loss* 2. Women's Health* 3. Women's Health* 4. Being Tobacco-Free* 5. Being Tobacco-Free* 6. Cancer* 7. Weight Management* 8. Financial Wellbeing** 9. Brain Health** <i>*TotalHealth Content Package</i> <i>**TotalWellbeing & TotalHealth Content Package</i>	1. Mindful Grieving After Losing a Loved One 2. Conscious Beauty: Choosing Products With Care 3. Muscle Up for Menopause 4. 5 Smokeless Nicotine Questions Answered 5. Life as a Nonsmoker: Staying Smoke-free 6. Navigating a Cancer Diagnosis 7. Better Metabolic Health for Renewed Vitality 8. Investing For Beginners 9. How to Improve Your Attention Span <i>*Journey with video</i>	1. Physical Activity 2. Physical Activity 3. Physical Activity 4. Physical Activity 5. Healthy Eating 6. Healthy Eating 7. Physical Activity 8. Meditation 9. Physical Activity 10. Physical Activity	November 3 <i>(all in partnership with FitOn)</i> 1. 10-Minute Arm Challenge 2. 10-Minute Leg Challenge 3. Beginner Full Body Strength Training 4. Daily Stretch 5. Habits for Weight Management Success 6. How to Create a Great Plate 7. Intermediate Yoga Flow 8. Non-Sleep Deep Rest 9. Stand Tall Pilates 10. Total Body High Energy Workout November 10 <i>(all in partnership with FitOn)</i> 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

Media – What’s Coming in November



Topic	Media- continued Weekly launches each Monday (weeks 3 & 4) 
1. Personal Growth/General Wellbeing 2. Health Situations 3. Health Situations 4. Personal Growth 5. Health Situations 6. Physical Activity 7. Personal Growth 8. Health Situations 1. Physical Activity 2. Physical Activity 3. Physical Activity 4. Physical Activity 5. Meditation 6. Physical Activity 7. Emotional Balance/Meditation 8. Physical Activity 9. Healthy Eating 10. Physical Activity 11. Emotional Balance/Meditation	November 17 1. Discovering Your Intrinsic Motivation 2. How to Help a Friend With Cancer 3. Coping With Chemo: Mouth Care 4. Giving Yourself the Gift of Forgiveness 5. Strengthen Your Bones in Menopause With These Exercises 6. Trainer Tip: 1-Minute Exercise Snack 7. Developing A Spirituality Practice for Better Wellbeing 8. You Have Cancer—Now What? November 24 <i>(*partnership with FitOn)</i> 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* 11. <i>Conversation for December: Mindfulness and Meditation (Title TBD-launching 11/24)</i>

Daily Cards and More – What’s Coming in November



Topic	Daily Cards 	Topic	Challenges & PHHC's 
			BOB PHHC: Plant Power (11/10 - 11/16)

Advance Notice

2025 Content – What’s Leaving in November



Topic	Retiring Journeys (11/14) 		Retiring Media (11/30/25) 	Topic
	Retiring Journeys: 1. Taking Care During Grief 2. Living Well with a Cancer Diagnosis		1. The Power of Proper Bracing For a Stronger Core 2. Uplevel Your Workout with Anti-Rotation 3. Secrets of Healthy Skin 4. Relax and Relieve Tension With 1 Simple Yoga Pose 5. Color Breathing to Regulate Your Nervous System 6. Time Management: The Big Rocks Come First 7. Learn These Active Listening Tricks. 8. Setting Effective Limits for Children 9. Time Management: Discover Your True North 10. How To Be Financially Prepared for Marriage 11. Shift Your Mindset from a "To-do" List to a "To-be" List 12. 3 Ways to Get Better Workout Results	
		Challenges		

Advance Notice