



**Motto of the month:**  
*Small steps create a big impact*

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

# Because health is personal™

Perfect time to start a gratitude journal – See the best way to start [journaling](#).



Make sure to add color to your meals today – it's Fruit & Veggie Day!

Have you ever wondered how you can keep your [workforce psychosocially safe](#)?

Every step forward is a step towards a brighter, healthier future for your organization. [Kick your health strategy into high gear now!](#)

Join us as [VP+ partners share seamless solutions](#) for cost savings, higher engagement, and member experience.

Make it a goal to get 7-9 hours of quality sleep. Good sleep improves cognition, mood, and can lead to better health choices.



If you want a thriving business, happy employees, and a company culture to boast about, you need to invest in [your employees' wellbeing now](#).

Hot off the press! Dive into the future of workplace wellness with our [2024 Employee Health and Productivity Report](#).

Find out how to improve or build a [wellbeing strategy in your company](#).

See how you can [switch up your workout](#) now that the weather is warmer.



[Hear directly from our partners](#) on how you can leverage their solutions to boost the member experience and increase engagement.



Take a look at how leaders can create a safe haven and [help support Post-Traumatic Growth](#).

**It is a Men's Health Month** Here are: [Three reasons to open up more](#).



**Father's Day**  
 No matter what a father figure looks like to you, today is a day to celebrate the positive male role models in our lives.



If your work is behind the screen, incorporate short exercise breaks or stretching into your day.

Challenge yourself to avoid added sugars for a day to reduce health risks like diabetes and promote healthier eating habits.

**It's Juneteenth day!** Here are [12 Juneteenth celebration ideas](#).

It's completely normal to have difficult periods at work BUT [how to deal with burnout?](#)



Here are [4 benefits of walking outside](#) that go beyond physical benefits.

Do you know why we get our best [ideas in the shower?](#)

Take regular screen breaks, follow the 20-20-20 rule: every 20 minutes, look at something 20 feet away for 20 seconds.

Reconnect with someone you lost touch with—or take steps to make new friends.



Send a positive note to a friend or coworker who needs encouragement today.



Are you ready for [Beckers webinar](#)?

Dedicate time for learning new skills that can enhance your work and personal growth.

Unlock endless possibilities for your organization's health and wellbeing with our [2024 Health Strategy Toolkit](#).

Grab the [2024 Employee Health and Productivity Report](#) before the month's out! Transform your workplace with key insights.

Take time to reflect on the past month's achievements and challenges. Set realistic well-being goals for the upcoming month to keep progressing towards a healthier and happier you.