

HEALTHY LIVING

AUGUST 2025



Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1
4 All the Instant Pot Info You Need (Plus 25 Great Recipes)!	5	6	7	8
11 Fall Reset: Get Back into Healthy Routines With These Tips	12	13	14	15
18 Anti-Inflammatory, Cooling Recipes for Summer Meals	19	20	21	22
25 How to Improve Your Attention Span	26	27	28	29 October 2025 articles distributed to email clients

HEALTHY LIVING**SEPTEMBER 2025**

Monday	Tuesday	Wednesday	Thursday	Friday
1 Mini Meals for a Lighter Dinner Menu	2	3	4	5
8 Activities That Burn 100 Calories or More	9	10	11	12
15 When Summer Meets Fall: 7 Seasonal Dishes to Savor Now	16	17	18	19
22 Creating a Meaningful Life: Find Purpose In Your Days	23	24	25	26 November 2025 articles distributed to email clients
29 Here Are 5 Creative Ways to Move More While You Work	30	1	2	3

HEALTHY LIVING

OCTOBER 2025



Monday	Tuesday	Wednesday	Thursday	Friday
29	30	1	2	3
6 Batch Cooking 101: How to Do It, Benefits, and Recipes	7	8	9	10
13 Inside The Relationship Between Cannabis and Yoga	14	15	16	17
20 Healthy for Halloween: Best Seasonal Fruits and Veggies	21	22	23	24
27 These Closet Cleaning Hacks Will Help You Declutter Your Brain	28	29	30 December 2025 articles distributed to email clients	31