



Monday	Tuesday	Wednesday	Thursday	Friday
1 Put a Healthy Spin On Your Turkey or Ham This Holiday Season	2	3	4	5
8 Working From Home? Weave Exercise into Your Schedule	9	10	11	12
15 9 Holiday Side Dishes You Can Make Ahead	16	17	18	19 February 2026 articles distributed to email clients
22 Inventory Your Relationships to Combat Loneliness	23	24	25	26
29 Winter Workouts That Are Fun and Effective	30	31	1	2



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29	30	31	1	2
5 How Mindful Communication Can Improve Mental Health	6	7	8	9
12 Group Fitness: A Fun, Effective, and Motivating Way to Get Fit	13	14	15	16
19 Make Your Winter Comfort Foods Healthier with These Swaps	20	21	22	23
26 Mix and Match These Wrap Fillings for a Fast, Flavorful Meal	27	28	29	30 March 2026 articles distributed to email clients

HEALTHY LIVING**FEBRUARY 2026**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Healthy & Fast: Great Meals in 20 Minutes or Less	3	4	5	6
9 Gamified Fitness for the Winter Blues	10	11	12	13
16 Make Breakfast Healthy With These Cooking Gadgets	17	18	19	20
23 How to Spot When You Need a Mental Health Tune-Up	24	25	26	27 April 2026 articles distributed to email clients
2	3	4	5	6