



Monday	Tuesday	Wednesday	Thursday	Friday
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 <a href="#">March 2026 articles distributed to email clients</a>

**HEALTHY LIVING**

## FEBRUARY 2026



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



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Early-Spring Meals That Aren't Just Salads	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>9</b> Epic Hikes to Add to Your Bucket List	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>16</b> Healthy Meals That Travel Well (No-Reheat Needed!)	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>23</b> A Guide to Understanding Anxiety, Finding Support	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>  May 2026 articles distributed to email clients
<b>30</b> 5 Ways to Add Fun to Your Fitness Routine	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>