

HEALTHY LIVING

JULY 2026



Monday	Tuesday	Wednesday	Thursday	Friday
29	30	1	2	3
6 Breakfast for Dinner, Summer Edition	7	8	9	10
13 5 Fitness Challenges and Creative Solutions	14	15	16	17
20 Seasonal Sweets Without the Sugar Overload	21	22	23	24
27 Profoundly Happy People Practice These 12 Habits	28	29	30	31 September 2026 articles distributed to email clients



Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	30	31
3 Power-Packed Snacks the Whole Family Will Love	4	5	6	7
10 Here's How to Throw a Fabulous Workout Party	11	12	13	14
17 Lower Sugar Desserts for Late Summer	18	19	20	21
24 Equine-Assisted Therapy Can Improve Your Well-being	25	26	27	28 October 2026 articles distributed to email clients
31 Grocery Shopping Tips to Keep Your Healthy Eating Goals on Track	1	2	3	4

HEALTHY LIVING**SEPTEMBER 2026**

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4
7 How to Start Running: A Beginner's Guide	8	9	10	11
14 How Summer Ingredients Transform for Autumn	15	16	17	18
21 6 Ways to Ease the Symptoms of Seasonal Affective Disorder	22	23	24	25
28 The Autumn One-Pan Dinner Playbook	29	30 November 2026 articles distributed to email clients	1	2