

HEALTHY LIVING

OCTOBER 2026



Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	1	2
5 How to Improve Your Attention Span	6	7	8	9
12 10 Sweet, Savory, and Simple Fall Fruit Recipes	13	14	15	16
19 How to Stock Your Pantry When You're Short on Time	20	21	22	23
26 30-Day Fitness Challenge Ahead of the Holidays	27	28	29	30 December 2026 articles distributed to email clients



Monday	Tuesday	Wednesday	Thursday	Friday
2 4 Essential Tools for a Stress-Free Thanksgiving Dinner	3	4	5	6
9 Creative Ways to Make November a Movement Month	10	11	12	13
16 The Week Before Thanksgiving: What to Cook	17	18	19	20
23 Holiday Loneliness Is Hard. These Tips Can Help	24	25	26	27 January 2027 articles distributed to email clients
30 Easy Side Dishes for a Healthy, Tasty Holiday	1	2	3	4



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30	1	2	3	4
7 How to Start Working Out: A Guide for Fitness Beginners	8	9	10	11
14 One-Pot Meals That Use Seasonal Flavors	15	16	17	18 February 2027 articles distributed to email clients
21 Digital Detox: Gift Yourself a Screen-Free Holiday	22	23	24	25
28 Exercise Hacks for the Busy Parent	29	30	31	1