C+FS | EAP

Winter Wellness Reminders

Three simple habits for a healthier season.

Move Your Body

Just keep moving.

Choose movement you enjoy, such as walking, stretching or dancing. Regular movement can support mood and help manage stress.

Try it: Take a short walk or stretch during your day.

Spend With Intention

Be realistic, set limits, plan ahead.

Set a comfortable budget, choose meaningful gifts and keep track of spending.

Try it: Decide how much you can spend before shopping.

Nourish Yourself

Fuel your body and stay hydrated.

Enjoy seasonal favorites while making room for satisfying meals and water.

Try it: Plan a nourishing meal or keep water nearby.

Your Action Plan

Which habit will you focus on this week?

Movement | Spending | Nutrition

Focus on what you can do. Small choices add up.

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