

Keeping a finger on the pulse of your total wellbeing with resources from LifeWorks



Healthy Heart and Mind

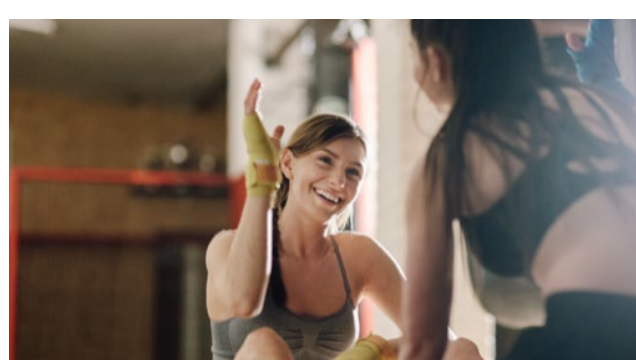
Staying fit is vital for good heart health, yet it can be hard to stay motivated. The best way to turn exercise into a part of your normal routine is to make it something you enjoy. Find out more about how to make fitness fun.



Keeping Up with Health Screenings (Video)

Health screenings are a key component in maintaining a healthier lifestyle.

[Watch now](#)



SMART Goals and Exercise

Setting goals with the SMART method focuses on short-term, practical tasks to help set you up for long-term success.

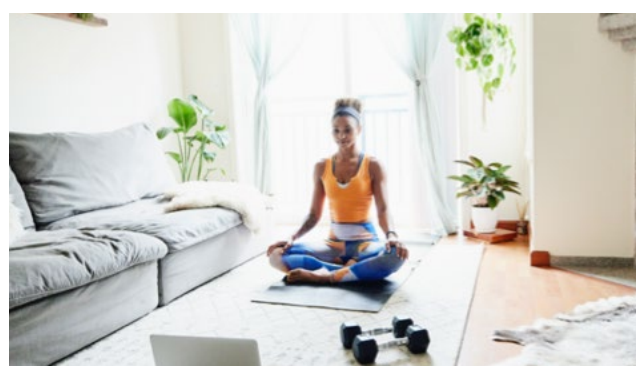
[Read more](#)

Exclusive for LifeWorks members



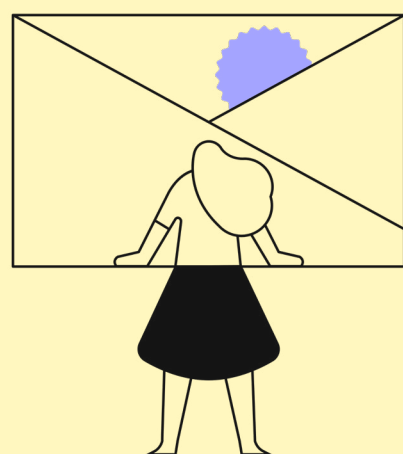
Making Fitness Fun

[Access on LifeWorks](#)



How to Be Active and Stay Fit at Home

[Access on LifeWorks](#)

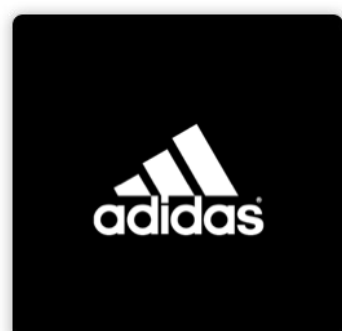


More to explore this month

- We'd like to invite you to our complimentary Black History Month event. In alignment with this year's theme – Black Health and Wellbeing – this session, **A Day in The Life: The cost of wellbeing for Black identifying individuals** will explore how our health and wellness systems, the external environment, and approaches to self-care impact Black health. Register [here](#), session date Feb 24th, at 12:00 pm ET.
- Check out our [CareNow Programs](#), a collection of virtual self-paced programs to help address wellbeing concerns from the four pillars of health – mental, physical, social and financial.
- Accessing health and wellness assessments to enlighten and educate your workforce has never been easier. Help your people achieve more by accessing them in the LifeWorks app on Teams. Visit our [site](#) to learn more.
- **LifeWorks Learning** puts wellbeing and mental health at the forefront of all our learning solutions. View our full list of course offerings [here](#).

Big brands, huge savings with LifeWorks Perks

Reach your health and wellbeing goals, while saving money with trusted brands like Adidas, One Academy, Fitbit and many more. Available on the LifeWorks app.



[Access offers on LifeWorks](#)

Your organization's program may not include LifeWorks Perks. If unable to access, review your workplace benefits or speak to your Human Resources contact.

LifeWorks supports your total wellbeing. We're here 24/7 for confidential advice and support by app, web and phone.

Your organization's program may not include all of LifeWorks' services and features. To learn more, please log in with your LifeWorks account, review your workplace benefits, or speak to your Human Resources contact.

