

Hello!

Here is your Health Kit for October 2021. Please take a few minutes to distribute all materials via email and share this message. Your dedication to wellness makes a difference.

Thanks for your efforts!

Many of us take pride in being busy and often view taking a break as something that holds us back. But the truth is our minds and bodies need a break. In this month's Health Kit, you'll learn the importance of taking breaks and how to incorporate them throughout your day.

Poster

Use the ideas in this month's poster to take an energy break.

[Download Poster](#)

Brain Game

Take a break to unscramble these words and phrases.

Download Game

Recipe

Try this month's recipe for a quick pick-me-up!

Download Recipe

Podcast

This month's podcast discusses three reasons why you should incorporate energy breaks into your day.

Listen

Short Video

Sneak in a quick break with the fun and creative ideas in this video.

Watch Video

Additional Information:

[For More Information on Energy Breaks](#)

Coming up...

Tune in next month for information and tips on how to eat healthy while on a budget.

Well onTarget®