

With a new year comes a new wellness initiative. Each month we will focus on a new “Health Theme” to help you better your overall wellness throughout the course of the year.

Each week you will receive a 1–5-minute Wellness Video Break with an interactive tip that is critical to overall health and wellness. Please take time away from your day-to-day tasks to watch the video and implement the tip.

If you enjoy the tip and find it effective, please save the hyperlink so you can rewatch it whenever you need to. If we all take 1-5 minutes per week to complete these tips, we can become healthier, happier, and more productive organization as a whole!

January Weekly Wellness Video Tips:

- 1-Minute Wellness Tip of the Day
- [Get Hydrated](#)
- Energize your workday with this great hydration goal and water-drinking technique!

- 1-Minute Wellness Tip of the Day
- [Improved Posture](#)
- Feel better in your body with two seated stretches in only 1 minute!

- 1-Minute Wellness Tip of the Day
- [Breathe Easy](#)
- More energy and less stress anytime with just a few slow breaths!

- 1-Minute Wellness Tip of the Day
- [Core Strength](#)
- A stronger core without any equipment in 60 seconds!

Let me know if you have additional questions and thanks again for participating!