



Well onTarget®

Health Kit | October 2019

Hello!

Here is your Health Kit for October 2019.

Please take a few minutes to distribute all materials via email. Also, be sure to print the poster and display it widely. Your dedication to wellness makes a difference. Thank you for your efforts!

This month is all about physical activity. In this Health Kit, you'll find tools to help you get moving and stay physically active, no matter the season!

Poster

Check out this month's poster to see what's trending in fitness today.

[Download Poster](#)

Brain Game

Complete this word scramble to find words associated with physical activity.

[Download Game](#)

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Recipe

It's that time of year again! This pumpkin-apple-spice oatmeal recipe is delicious, healthy, and satisfying – perfect for any fall morning!

[Download Recipe](#)

Coaching Moment: Take a Stretch Break

Watch this video for a quick stretching challenge from Coach Nick.

[Watch Video](#)

90-Second Video: Exercise and Your Mental Health

This short video explains how incorporating just a few minutes of exercise a week can affect your mental health.

[Watch Video](#)

Podcast

Listen to this podcast for a few extra steps you should take before braving a workout in the cooler weather.

[Listen](#)

[Find out More About Physical Activity](#)

Coming up...

Tune in next month for information and tips on how you can keep your kitchen healthy.

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