

Health Kit | **October 2021**



## 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.

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### Poster

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

[Download Poster](#)

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## Brain Game

Take a break to unscramble these words and phrases.

Download Game

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## Recipe

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

Download Recipe

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## Podcast

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

Listen

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## Short Video

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

Watch Video

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## 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.