

January 2026 Newsletter

WBWB 2026

Subject Line:

- 7 Tips to Move More While Working

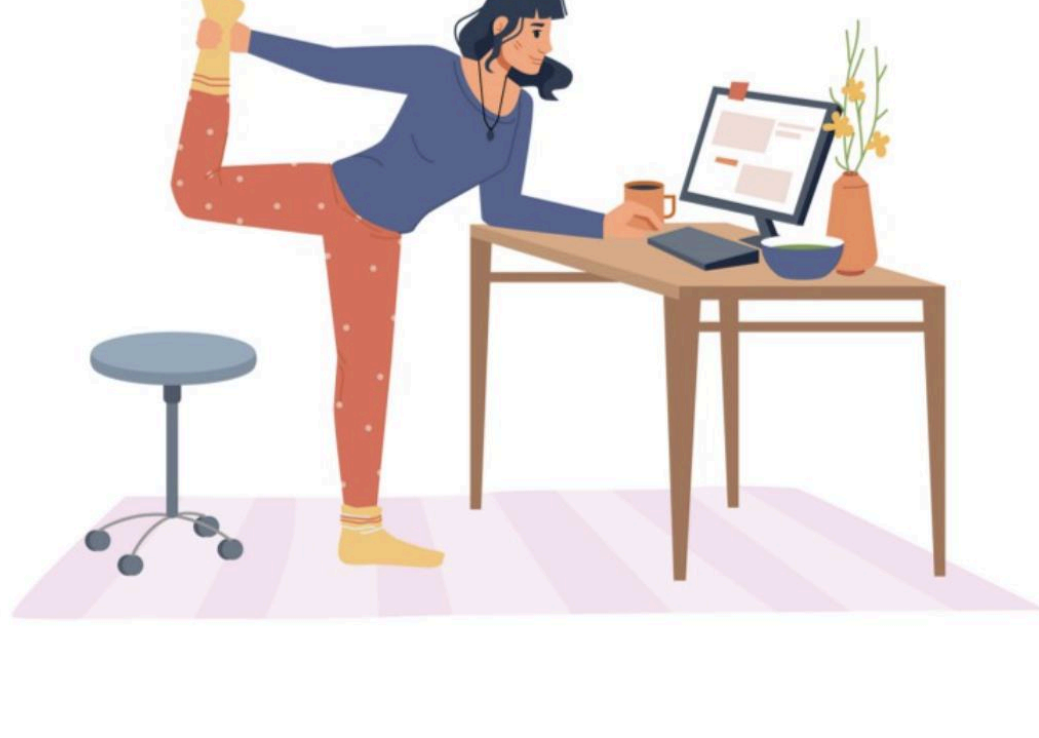
Pre-header:

- Our Updated Well-being Works Better™ Scorecard is Launching Soon



[View in browser](#)

January 2026 Newsletter



Break the Sitting Cycle:

Champion a More Active Work Culture

As we step into the New Year, many health-related resolutions focus on what happens before or after work – but what about the hours in between?

This year, prioritizing movement during the workday can help support better health, boost focus and help employees with their health goals from 9 to 5 and beyond. Whether it's a “walk while we talk” meeting, a midday stretch break or investing in sit-stand desks, staying active throughout the workday is a great way to combat the risks of a sedentary lifestyle.

[MORE TIPS](#)



Healthy Employees, Stronger Business: A Northwell Health Story

“Supporting the health and well-being of employees isn't just the right thing to do – it's a smart business strategy.”

- Dr. Stacey Rosen

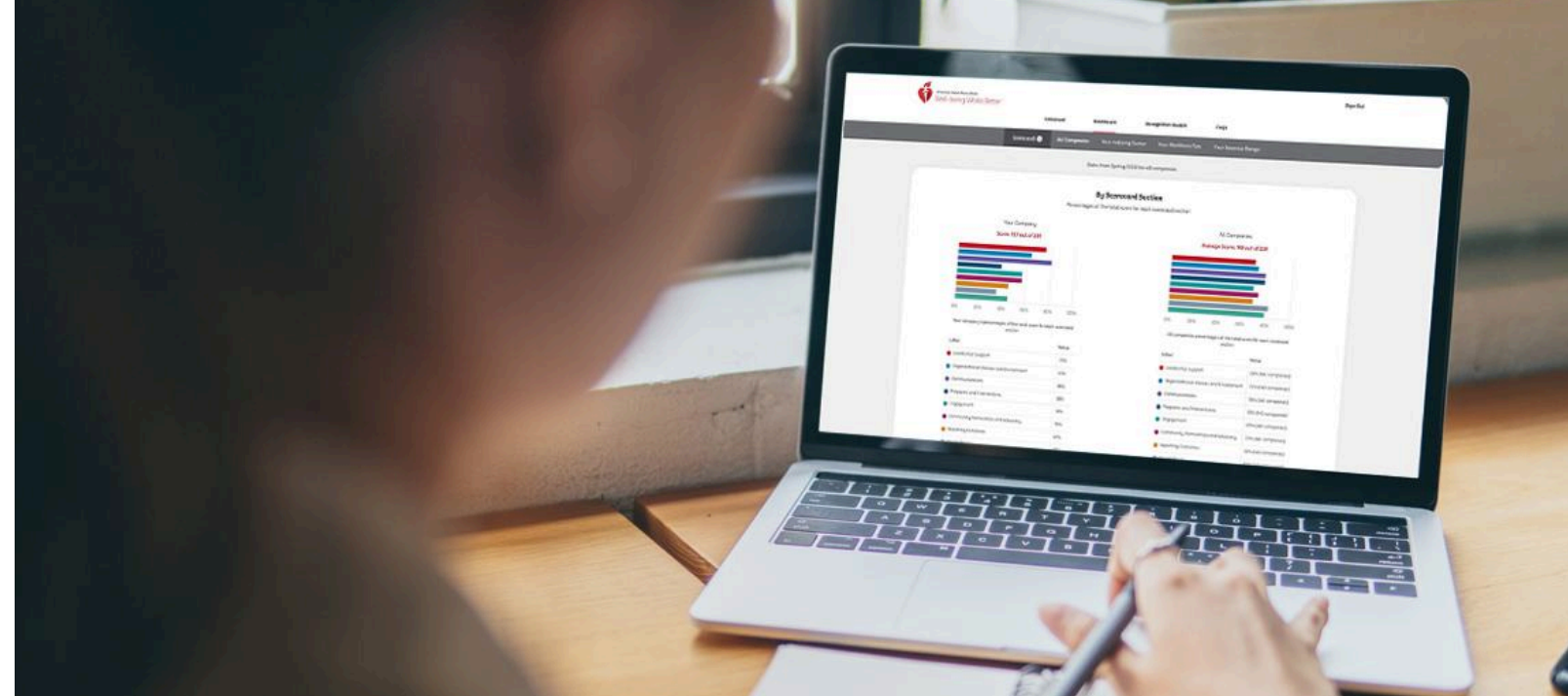
Volunteer president of the American Heart Association and executive director of the Katz Institute for Women's Health at Northwell Health

Healthy employees are the foundation of a strong business. Northwell Health inspired their employees to move more and prioritize their well-being. More than 20,000 employees participated in a workplace movement challenge and reported meaningful improvements, including weight loss, reduced stress and better sleep.

As a Platinum Well-being Works Better™ Scorecard company, Northwell Health demonstrates how investing in employee well-being can drive positive results.

Learn more about the Northwell journey and share your own workplace well-being story.

[READ MORE](#)



Well-being Works Better Scorecard Updates

The updated Well-being Works Better Scorecard relaunches soon. For companies that have previously completed the Scorecard, log in to the portal and download your previous benchmarking report and recognition toolkit by **Feb. 28**. Stay tuned for more details including how to access the tools and resources to help you get started.

[GO TO SCORECARD](#)



SAVE THE DATE

Peer-to-Peer Learning Session No. 3: Supporting Women's Health in Every Stage: From Awareness to Action

Date: February 18, 2026

Time: Noon Central

Location: Zoom

Explore how employers can create supportive environments and implement benefits for women at various stages of life.

[SIGN UP](#)

Peer-to-Peer Learning Session No. 4: Well-being Works Better Scorecard Launch

Date: March 18, 2026

Time: Noon Central

Location: Zoom

Get access to and learn about the latest updates to the new Well-being Works Better Scorecard.

[SIGN UP](#)

Did you miss our past webinar? You can still view it on demand.

Well-being Works Better Peer-to-Peer Learning Series Launch.
Learn practical insights to elevate employee health and happiness.

[WATCH HERE](#)



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