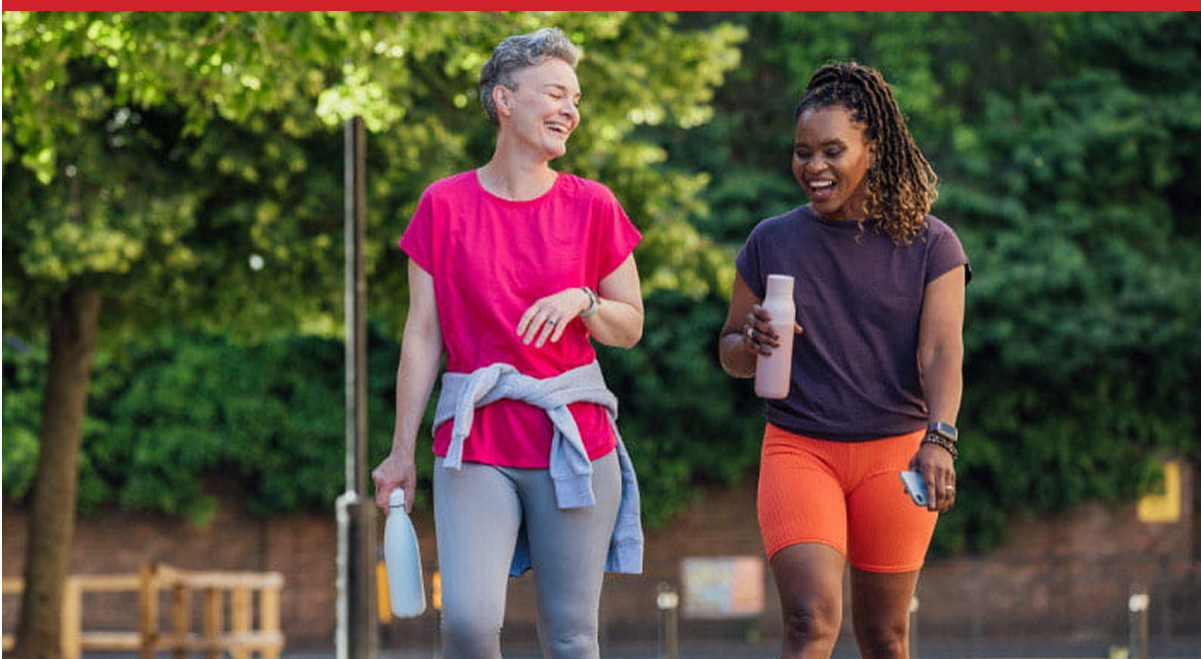




SAVE THE DATE

National Walking Day April 2, 2025

Put Your Best Foot Forward—Host National Walking Day

Walking offers a number of health benefits both physical and mental, including the prevention of cardiovascular disease, increased energy levels and bone strength. It's also one of the best ways to reduce stress.

Get your employees' hearts pumping by participating in National Walking Day, sponsored by the American Heart Association. Pick a time and invite both in-office employees and remote workers for a brisk walk. If walking isn't an option for everyone, simply encourage more movement. Don't forget to connect on social media using #WalkingDay.

Make your day a success using this comprehensive Walking Day toolkit below.

WALKING DAY TOOLKIT

Eye-opening Insights

150
MINUTES

Did you know...

The American Heart Association recommends at least 150 minutes of moderate-intensity aerobic activity weekly. <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>



Adults in the U.S. spend an average of six to eight hours a day sitting. <https://www.heart.org/en/news/2024/04/22/how-a-sedentary-behavior-expert-finds-time-to-move>.

Walking could be the perfect exercise

- ✓ Free
- ✓ Do it anywhere, anytime
- ✓ No special skills needed
- ✓ No expensive equipment required
- ✓ Works for people of all ages and fitness levels

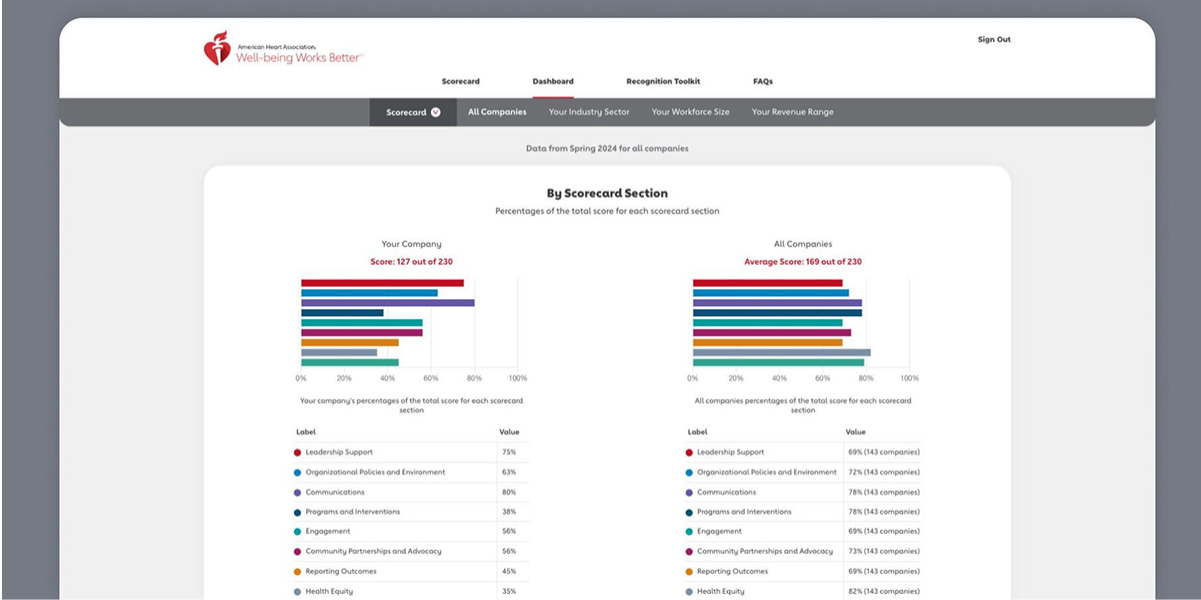


Women's Health and Managing Stress

Today, **1 in 5 women** are impacted by depression and anxiety often brought on by unmanaged stress. And whether it's societal expectations or finding a balance between work and personal life, learning how to manage stress is crucial.

Take the opportunity this month to provide female employees with tools that can help create healthy ways to cope with stress.

TIPS FOR LESS STRESS



Women @ Work: A Global Outlook

Women Face Unprecedented Workplace Challenges Despite Advancements

According to a recent report from Deloitte, gender equality is stagnating, women's stress levels are increasing and mental health support in the workplace isn't meeting their needs.

The Deloitte's Women @ Work: A Global Outlook report surveyed 5,000 women across 10 countries about how challenges in and out of the workplace are affecting their careers.

Wondering how your organization can tackle the topic?

Here's how you can help:

1. Complete the Well-being Works Better™ Scorecard assessment to evaluate your organization's culture of health and well-being
2. Meet with your team and discuss the actions needed to support, retain and empower women in your organization

SCORECARD DETAILS



RECIPE SPOTLIGHT

It's Your Lucky Day: Green Eggs and Ham On the Go

Mornings can be hectic for working parents or caregivers that need to get kids off to school. Here's a fun and festive breakfast idea for St. Patrick's Day — Green Eggs and Ham On the Go. It's easy to make, tasty, portable and packed with protein. Now that's top of the morning!

GET RECIPE

Recipe Tip: Enjoy the recipe all year long by adding more variety. Substitute the ham for turkey or chicken and add more veggies. Use different decorative cups with fun and seasonal designs. Or buy white paper cups and have kids create their own.