



LET'S LIVE IN
THE MOMENT

Your mind and your body have more to do with each other than you might think. If one is hurting, the other could hurt, too. Rediscover the links between your mental and physical health and listen to your body for better overall health.



Channel your inner Om

Want to get fit, fight stress, and stay healthy? Try yoga. Some classes can be pricey, but once you know a few poses, you can practice almost anywhere.



Unplug and reconnect

Heavy tech users are more likely to report sleep, stress, and mood problems. But time spent with people you enjoy can bust stress and boost well-being.



Breathe easy

The way you breathe affects your whole body. Deep breathing is a relaxation tool you can do anytime – even right now – to feel clear, calm, and centered.

Stay true to you and keep moving in a healthy direction.

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