

Sunday



Scan Me!

Scan for the digital copy of the **BenefitU Interactive Calendar**. Enjoy daily tips to help practice activities that support your health & wellbeing.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Embrace the gift a new year brings. There is something special about this time, it naturally invites reflection and fresh perspective. Notice what is supporting your well-being, and if something is not, consider one small shift that could better support you.



2 NEW YEAR, NEW POSSIBILITIES. EXPLORE SMALL, MEANINGFUL STEPS THAT SUPPORT YOUR WELL-BEING THIS MONTH.

3 THE FIRST STEP TOWARDS GETTING SOMEWHERE IS TO DECIDE THAT YOU ARE NOT GOING TO STAY WHERE YOU ARE.

4 MEAL PREP: THE BEST WAY TO REACH YOUR GOALS IS TO PLAN. TAKE TIME TODAY TO PLAN YOUR MEALS FOR THE WEEK. [NEED HELP GETTING STARTED? CHECK OUT A FREE MEAL-PLANNING TEMPLATE!](#)

5 FRESH START: SPEND 5 MINUTES TIDYING UP YOUR DESK AND CREATING A TO-DO LIST. THIS SIMPLE ACTION CAN SET A POSITIVE TONE FOR YOUR WORKDAY.



6 A LOCAL FAVORITE IS BACK: TYBEE RUN FEST FEBRUARY 6-7, 2026! THE YMCA OF COASTAL GEORGIA IS PROUD TO HOST TWO EXCITING DAYS OF RUNNING EVENTS.

- RECEIVE 10% OFF, USE DISCOUNT CODE: **26SERVICE**



7 REMINDER: Q4 (OCT. - DEC. 2025) FITNESS REIMBURSEMENT ARE DUE ON THURSDAY 1/15/2026. TO QUALIFY, SUBMIT PROOF OF PAYMENT AND PROOF OF AT LEAST 8 VISITS PER MONTH.

- [SUBMIT HERE.](#)



8 BUILD A BUDGET: FINANCIAL WELLNESS IS CRUCIAL FOR A BALANCED LIFE. KEEPING TRACK OF YOUR BUDGET CAN PROVIDE YOU WITH SOME EXTRA FLEXIBILITY EACH WEEK.

9 YMCA EMPLOYEE DISCOUNT: CONSIDER JOINING, CITY EMPLOYEES RECEIVE 20% OFF MEMBERSHIPS AT 11 LOCATIONS. ATTEND 8 TIMES IN A MONTH AND YOU CAN ALSO PARTICIPATE IN OUR [FITNESS REIMBURSEMENT PROGRAM.](#)

10 NOTICE WHAT ENERGIZES YOU. PAY ATTENTION TO WHAT ACTIVITIES MAKE YOU FEEL FULFILLED AND ENERGIZED. HOW CAN YOUR GOALS INCLUDE MORE OF THAT?



11 EXERCISE YOUR BRAIN: AFTER WORKING OUT YOUR BODY, IT'S TIME TO EXERCISE YOUR MIND. GRAB A PUZZLE, DIVE INTO A BOOK, OR PICK UP AN OLD INSTRUMENT TO BOOST YOUR BRAIN HEALTH.

12 MINDFUL MONDAY: TAKE A MOMENT TO ENGAGE IN ACTIVITIES THAT BRING YOUR ATTENTION TO THE PRESENT MOMENT LIKE DEEP BREATHING OR MEDITATION. [CLICK HERE FOR SOME GREAT TIPS!](#)



13 LOCAL RUN CLUB - ALL LEVELS WELCOME! THESE SOCIAL RUNS WELCOME EVERYONE, NO MATTER YOUR PACE OR DISTANCE.

- 6:30 PM 3405 WATERS AVE.



14 WHAT'S UP WEDNESDAY NAVIGATING CAREER GROWTH: JOIN ANDREA ALLEN FOR A DISCUSSION ON IDENTIFYING GROWTH OPPORTUNITIES AND LEVERAGE SKILLS FOR CAREER ADVANCEMENT.

- 11 A.M. - 12 P.M.
- EARN 1 TRAINING HOUR!

Thriving **Thursday's**
CREATING YOUR 2026 WELLNESS VISION BOARD: JOIN LAUREN WILSON FOR AN INTERACTIVE SESSION TO REFLECT ON YOUR 2026 GOALS, VALUES, AND INSPIRATIONS.

- TIME: 12 - 1:00 P.M.
- ROOM #104, ADAM'S COMPLEX

16 MIDWAY CHECK-IN: HOW ARE YOUR GOALS FOR JANUARY COMING ALONG? ADJUST IF NECESSARY TO FINISH OUT THE MONTH STRONG.



17 WEEKEND WELLNESS: ONE WAY TO IMPROVE YOUR MENTAL WELLBEING IS REGULAR EXERCISE. DON'T SKIP OUT ON THE WEEKENDS! STAY ON TRACK WITH A WALK WITH YOUR FAMILY OR FRIENDS.

18 STAY CONNECTED: NUTURING POSITIVE CONNECTIONS CAN PROVIDE A SENSE OF SUPPORT. TAKE SOME TIME THIS MONTH TO CONNECT WITH FRIENDS AND FAMILY TO FOSTER HEALTHY RELATIONSHIPS.

19 CITY OFFICES ARE CLOSED IN HONOR OF MLK JR. DAY
"LIFE'S MOST PERSISTENT AND URGENT QUESTION IS, 'WHAT ARE YOU DOING FOR OTHERS?'" - MLK JR.

20 DECLUTTER YOUR SPACE: EXTRA CLUTTER CAN CAUSE UNWANTED STRESS. TAKE 10-MINUTES THIS WEEK TO DECLUTTER YOUR OFFICE, A CLOSET OR DRAWER IN YOUR HOME FOR A FRESH START.

21 JANUARY IS CERVICAL CANCER AWARENESS MONTH: EARLY DETECTION THROUGH PAP SMEARS AND HPV TESTS CAN HELP PREVENT CERVICAL CANCER. CALL TODAY TO SCHEDULE A ROUTINE CERVICAL CANCER SCREENING.

22 MAKE IT COUNT: WHAT CAN YOU DO TODAY TO MAKE TOMORROW BETTER? PLAN A HEALTHY MEAL, PENCIL IN YOUR WORKOUTS, AND DRINK YOUR WATER. **BE IN THE DRIVER SEAT OF YOUR WELL-BEING!**

23 STAY ACCOUNTABLE: SHARE YOUR GOALS WITH A FRIEND, FAMILY MEMBER, OR MENTOR WHO CAN HELP HOLD YOU ACCOUNTABLE. REGULAR CHECK-INS CAN HELP KEEP YOU MOTIVATED AND ON-TRACK.

24 DISCOVER LOCAL FITNESS WITH CLASSPASS! EXPLORE A VARIETY OF FITNESS ACTIVITIES LIKE YOGA, STRENGTH TRAINING, AND CYCLING AT STUDIOS NEAR YOU. ENJOY A FREE TRIAL AND KICK-START YOUR WELLNESS JOURNEY TODAY! [VISIT CLASSPASS.COM TO LEARN MORE.](#)

25 SUNDAY STRETCH. TAKE 10 MINUTES TO STRETCH TODAY. *DID YOU KNOW?* STRETCHING CAN HELP YOU MOVE MORE DURING THE WEEK AND ENJOY A MORE RESTFUL NIGHT'S SLEEP.

26 NEVER MISS A MONDAY: TAKE 30 MINUTES TODAY TO MOVE YOUR BODY! GO FOR A WALK OR HIT PLAY ON YOUR FAVORITE WORKOUT ROUTINE.

27 STEP IT UP: GET IN EXTRA STEPS BY TAKING A BREAK AND GOING FOR A 10-MINUTE WALK. AIM TO GET 6K STEPS EVERY DAY THIS WEEK. ALREADY HITTING THAT GOAL? BUMP IT UP TO 8K!

28 THE FUTURE BELONGS TO THOSE WHO BELIEVE IN THE BEAUTY OF THEIR DREAMS!

29 TIME TO HYDRATE: REPLACE THE MIDDAY SODA WITH A COLD GLASS OF WATER. FOR A BIT OF VARIETY, ADD IN SOME FRUIT, LIKE A LEMON OR ORANGE, FOR SOME FRESH FLAVOR.

30 SHOW GRATITUDE: DO YOU HAVE A COWORKER WHO HAS HELPED YOU OUT LATELY? SEND THEM AN EMAIL OR NOTE THANKING THEM FOR THEIR SUPPORT.



31 CELEBRATE YOUR WINS. WHAT ARE YOU MOST PROUD OF THIS MONTH, AND WHAT WILL YOU CARRY FORWARD TO FEBRUARY?