

January 2025 Wellness Newsletter Content

Get Fit Texas! Challenge


Staying active doesn't have to be complicated! The **Get Fit Texas Challenge** is your opportunity to jumpstart your fitness journey with a simple goal: 150 minutes of physical activity per week. Walking, stretching, or trying a fun new workout counts—every move brings you closer to better health.

Sign up January 13th and start the challenge January 20th to make fitness a healthy habit! Go to the [Get Fit Texas Challenge website](#) to join.

Webinar: Thrive by Design: Fresh Start, New Habits with Lacy Wolff

Want to make healthy changes but don't know where to start? Join the **Thrive by Design** webinar to learn practical strategies for creating and sustaining habits that support your goals. This session will focus on setting intentions, staying motivated, and finding joy in the process.

 Date: January 16th

 Time: 10-11 a.m. CT

Register now: [Thrive by Design Registration Link](#).

Discover Buena Vida: a Program to Support Your Well-being

Healthy habits are easier with the right support! **Buena Vida**, our new well-being program, for HealthSelect participants is available through WebMD, offers tools and resources to help you thrive. From fitness challenges to habit trackers, to awards and incentives, it's all about making healthy choices accessible and fun based on your interests and needs.

Explore wellness tips, health resources, and more—all at your fingertips! Learn more and enroll today to start earning rewards and tracking your progress through WebMD's [Buena Vida portal](#).