

Trending Health and Wellness Programs

Explore our trending programs, backed by comprehensive data and 2024's health and wellness insights. Each program is designed to engage and support your users' journey to create better health and wellbeing outcomes.

1 BUILDING HEALTHY SLEEP HABITS

- ✓ Foundations to Build Healthy Sleep Patterns
- ✓ Sound Healing
- ✓ Relaxing Meditations
- ✓ Yoga to Release Tension
- ✓ Managing Sleep Conditions

2 PSYCHOLOGICAL SAFETY AT WORK

- ✓ Emotional Wellness
- ✓ Seated Tension Release for Desk Workers
- ✓ Communication Styles
- ✓ Conflict Management
- ✓ Emotional Release Meditations
- ✓ Burnout Prevention & Recovery

3 BUDGET FRIENDLY NUTRITION

- ✓ Recipes
- ✓ Protein Sources
- ✓ Nutrition at Home Basics
- ✓ What to Look for in the Grocery Store

4 GENTLE STRETCHING FOR INJURY RECOVERY

- ✓ Gentle Stretching Practices
- ✓ How to Avoid Re-Injury
- ✓ Joint Health Practices
- ✓ Mindfulness
- ✓ Neck and Back Mobility

5 SELF CARE FOR CAREGIVERS

- ✓ Mindfulness and Meditation
- ✓ Setting Boundaries
- ✓ Nutrition for Caregivers
- ✓ Managing Stress
- ✓ Physical Activity
- ✓ Self-Compassion

6 COMMUNITY BUILDING & BUILDING RELATIONSHIPS

- ✓ Networking
- ✓ Creating Communities
- ✓ Empathy Practices
- ✓ Conflict Resolution
- ✓ Volunteering

7 EMERGENCY STRESS RELIEF

- ✓ Breathing Techniques
- ✓ Tapping for Stress
- ✓ Visualization Practices
- ✓ Progressive Muscle Relaxation
- ✓ Journaling
- ✓ Digital Wellbeing

8 GLP-1 & WEIGHT MANAGEMENT

- ✓ GLP-1 Basics
- ✓ Nutrition for Weight Loss
- ✓ Healthy Eating Habits
- ✓ Emotional Eating
- ✓ Sugar Cravings

9 SMOKING CESSATION

- ✓ Stress Management
- ✓ Basics of Smoking Cessation
- ✓ Diet
- ✓ Mental Health Support
- ✓ Long Term Maintenance

10 BUILDING HEALTHY FITNESS HABITS

- ✓ Building a Fitness Routine
- ✓ How to Build Habits Gradually
- ✓ Rest and Recovery
- ✓ Flexibility Training
- ✓ Nutrition Tips
- ✓ Mind-Body Connection