

2025 August



Small habits can help you build toward better health in a big way.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					¹ Video tip: What does it mean to drink eight cups of water a day? ²	² Video tip: Prepare your joints for the day with this five-minute warm-up for beginners. ^{1,2}
³ Set a “doable default.” Pick a version of your healthy habit to do on the hardest days.	⁴ Embrace sneaky ways to burn calories with NEAT, Non-Exercise Activities! Learn 49 NEAT hacks .	⁵ Eating for energy means eating for how you want to feel. ¹ Try these tips!	⁶ Help prevent pain in your neck, wrists, shoulders, and back by moving every hour.	⁷ Video tip: Engage your abs when lifting to provide support and stability for your spine—a natural back brace! ²	⁸ Do you or your kids have dental anxiety? Try these tips and tricks to make visiting the dentist easier. ²	⁹ Video tip: Learn G.R.E.A.T. skills to build lifestyle habits that stick—and help prevent future health problems.
¹⁰ Video tip: What is a walking program? It may mean walking longer, farther, faster, or adding in hills. ^{1,2}	¹¹ Video tip: Failure is a trick of the mind. Break the illusion and train your brain for an unstoppable life.	¹² Try something new today—there’s no pressure. It’s just an experiment and a chance to start small. Learn why.	¹³ Dentists can spot signs of diabetes, heart disease, and as many as 120 health conditions. ² Learn more.	¹⁴ Moving for just a few minutes can give you a steady boost in energy that lasts up to two hours!	¹⁵ Video tip: Never skip a warm-up before physical activity. Reduce your risk of injury by priming your muscles. ^{1,2}	¹⁶ Perfectionism can ruin your best intentions. Instead, meet each unexpected event with positivity. Learn how.
¹⁷ There’s no failure when trying new things—only progress or learning. If things don’t go as planned, say, “That’s data to help me next time.”	¹⁸ Stuck on a problem? Take a break! Movement supports creative thinking and can give you new perspective.	¹⁹ NEAT hack: Tap your toes! Whether you’re sitting at your desk or standing in line, harness the power of fidgeting.	²⁰ Take two-minute microbreaks as a team to improve connection, collaboration, and trust.	²¹ Try a mindfulness exercise to reduce anxiety: name five things you can see, four things you can touch, and three things you can hear.	²² Your metabolism slows by 90% after 30 minutes of sitting, but you can reset it by moving for just two minutes.	²³ Reduce your risk of skin cancer by seeking shade, applying sunscreen, and wearing protective clothing.
²⁴ Did you know? Dehydration begins once you’ve lost 2% of your body weight in fluids, but you may not feel thirsty until you’ve lost 3%.	²⁵ Video tip: Don’t skip flossing! Brushing cleans only about 60% of bacteria and plaque from your teeth. Flossing helps reach the rest.	²⁶ Video tip: What drives your habits? Meet the four mindsets shaping your actions, behavior, and choices.	²⁷ If you’re facing a challenge, take a moment to pause and breathe to help reduce stress and improve your mood.	²⁸ Don’t wait until you’re drained to recharge. Prevent energy crashes with two-minute microbreaks throughout the day.	²⁹ Try these healthy snack swaps most of the time and enjoy your favorite indulgent snacks only sometimes. ¹	³⁰ Video tip: Shifting your focus from a goal or reward in the end to the progress made along the way can help you stay motivated.
³¹ NEAT hack: Park far away for a few extra steps.						

1 Always consult your physician before starting a new diet or fitness routine.
2 Eligibility rules apply to Fitness Pass and the Walmart Dental Plan.

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