

# 2024 August

Nourish your well-being: one mindful choice at a time.



\*\* Always consult your physician before starting a new diet or fitness routine.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <a href="#">Ready to start building healthy habits? Download the Fresh Tri app!</a>	2 Set a mindful snacking intention for this month.	3 Webinar alert! Sign up today.
4 <a href="#">Unlock your potential with a FREE health and wellness coach!</a>	5 Clear the fridge and pantry of not-so-healthy snacks.	6 <a href="#">Start your journey toward health &amp; happiness!</a>	7 In case no one told you, you're always enough.	8 <a href="#">Watch this video on separating food and emotions today!</a>	9 Portion and pack snacks to keep in your bag or locker!	10 <a href="#">Connect with yourself today by doing a guided meditation.</a>
11 <a href="#">Click here to watch a must-see video on Healthy Snacks!</a>	12 Plan and prepare ready-to-go snacks for the week.	* WEBINAR * 13 Join the webinar to learn how to craft your ideal snack strategy!	14 Give yourself credit for being here. You've worked for it!	15 <a href="#">Save and savor! Watch our guide to meal planning on a budget.</a>	16 Stock your kitchen with healthy snacks like nuts & fruit.	17 <a href="#">Whip up this Creamy Avocado Hummus recipe in a flash!</a>
18 <a href="#">Watch this video for top tips on making the most of shopping trips!</a>	19 Keep less than healthy snacks out of sight.	20 <a href="#">Watch this video now to explore how to snack smarter.</a>	21 Pre-portion snacks and lower temptation for overeating!	22 <a href="#">Learn how to make some delicious Fresh Fruit Parfaits!</a>	23 You showed up today! That means you can do it tomorrow too.	24 <a href="#">Build healthy habits. Your FREE coach awaits!</a>
25 <a href="#">Take the guesswork out of groceries with this video!</a>	26 Practicing affirmations? Repeat "I am unstoppable!"	27 <a href="#">Learn how to use the hunger scale. Watch video.</a>	28 Keep fresh fruit out to encourage healthy snacks.	29 <a href="#">Master late-night eating habits with this video.</a>	30 Tri together. Invite a friend or family.	31 <a href="#">The secret to healthy eating is at your fingertips! Learn more here.</a>

My well-being focus for August is:

Explore all of your well-being benefits at [One.Walmart.com/wellbeing](https://One.Walmart.com/wellbeing)

My August well-being webinar

**CRAFTING YOUR IDEAL SNACK STRATEGY**

Tuesday, August 13, 2024 @ 11 AM CST

**\* Ways to stay up to date on Well-being at Walmart and Sam's Club:**

- **Email** - Join the Well-Being email list for **early access** each month to the newest Tip Calendar and Webinar - [Get added to the mailing list today!](#)
- **Text** - Get the **daily** tips delivered directly to your phone via text with "Well-being Tip of the Day", brought to you by our partners at myAgileLife. [Sign up here!](#)

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