

The Wellness Wheel

Kickstart the new year and fuel up your body

We're spinning the **Wellness Wheel** each month this year and January is all about nutrition. What we put into our bodies fuels everything we do — from powering through meetings to enjoying time with family. Good nutrition = good vibes for your health and energy.

Life gets busy and healthy habits can slip through the cracks. That's why we've gathered some quick resources and tips to keep your wellbeing front and center. Think of this as your friendly nudge to live well every day.

Easy nutrition tips you can start today

- [Physical Wellness Checklist: To Eat a Healthy Diet](#)
- Are you making every bite count? Take the [MyPlate.gov](#) Quiz to find out.

On-demand videos and webinars

- [Eat Right on a Budget](#) (eatright.org)
- [January 21](#) Lockton Nurse Advocate webinar: Learn how this program helps with medical challenges and navigating your healthcare — at no cost to you.

Mindful motivation for making healthy choices

- [Finding Your Why](#): How to stick to your health goals (teladochealth.com)
- [Mindful Eating 101](#) (healthline.com)

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Link to Your Benefits Hub and complete details on all of these topics.



Stay Tuned, Stay Powered Up

Watch your inbox each month for wellness tips and to-dos. And remember, your benefit program resources are available 24/7 on Your Benefits Hub at employees.taylor.com.

Coming up next month...

The **Challenge Your Palate** wellness challenge begins February 16. Watch for the sign-up email from *Wellworks For You*.