



Wellness Wednesday

Check here for all updates on Wellness

Please reach out to Wellness for additional information about any event at wellness@transitchicago.com or call 1-312-681-2225 option "8"

DECEMBER IS Winter Wellness Month

EMBRACE THE SEASON BY PRIORITIZING YOUR WELL-BEING.

MoveMondays LIVE WORKOUT SESSION

Cardio Intervals

Monday, December 23

12 - 12:30 pm

featuring Coach Travis

REGISTER TO VIEW LIVE OR WATCH AT A LATER TIME

<https://bit.ly/4aYJkkw>



Winter Health Tip

Boost Your Immune System

Equip your body to fight off winter illnesses by consuming immune-boosting foods. Incorporate ginger, garlic, turmeric, and foods rich in Vitamin C and D into your diet to support a robust immune response.



Making Meaning of The Everyday

Wednesday, January 8 at 1 pm

Feeling unfulfilled by the daily grind? Discover how small mindset shifts can bring greater meaning and purpose to your everyday life.

Register to view live or watch at a later time

<https://bit.ly/4502ml8>



Ask the Experts Winter Wellness

Thursday, January 9 at 12 pm

Featuring

Wellness Coaches Yohannes & Travis

Register to view live or watch at a later time

<https://bit.ly/3CtTsFM>



Register Here

Winter Health Tip

Keep Moving - Stay Active

Choose indoor activities that you genuinely enjoy. Stay active by jumping rope, practicing yoga, playing an indoor sport, or joining a gym. Doing something you love increases the likelihood that you'll stick with it!



MotivateMe®

MotivateMe® starts again January 2025!

Stop by the MotivateMe® Kick-Off to:

- Get one-on-one support with registration and logging in.
- Complete your Health Assessment on the spot.
- Learn more about tracking activities and earning rewards.



Visit or scan the QR code to view the full MotivateMe® Kick-Off schedule.



transitchicago.com/wellness

