

Aetna Get Active™* 2025 HealthyHabit Calendar

Dates	Healthy Habit	Thrive Area
January	Workout Time Did you schedule time for your workout today?	Getting Active
February	Better Boundaries Did you uphold a personal boundary today at home, or work, or in your social life?	Healthy Relationships
March	Plan for Sleep Did you do activities that'll help you sleep better later?	Sleeping Well
April	Going Green Were you mindful about taking a sustainable action today	Acting Sustainability
May	Take Inventory Did you set goals or complete an action to move your health forward?	Women's Health
June	Stay Vulnerable Did you work on expressing a feeling to someone today?	Men's Health
July	Finding Glimmers Did you notice a small moment today that lit up your world?	Managing Stress
August	Organize Your Finances Did you do one thing today to keep your finances organized?	Financial Wellbeing
September	Appreciate Yourself Did you take a moment to appreciate one thing about your body or mind today?	Mental Health & Wellbeing
October	Savoring Feelings Did you savor good feelings today?	Mental Health & Wellbeing
November	Plant Power Did you find a way to incorporate plants into your diet, home or lifestyle today?	Eating Healthy
December	Relaxation Breathing Did you respond to stress by taking 3 deep breaths?	Managing Stress

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