

## February well-being challenges

Each month, we give you small ways to improve your well-being. You can do one or all of them— it's up to you. This month's challenges are:



Send a letter of kindness to someone to let them know how much you care about them.

Increase the steps you take each day. Try to walk 10,000 steps daily.



Have a salad five times during the week. Be creative!