

Wellness Coach January Monthly Overview: Start Fresh

January kicked off the year with a focus on renewal, clarity, and building habits that truly stick. Under the theme **“Start Fresh,”** the month guided members toward creating sustainable routines aligned with their values and long-term wellness goals.

[Download the Flyer](#) here to access all the activities below!

Community Challenge: Energize Your Year

January 1–31, 2026

Members energized their start to 2026 with simple, sustainable activity habits. Whether stretching, walking, or dancing around the living room, every intentional minute supported building strength and feeling more energized for the year ahead.

Workshops & Meditations

January featured a strong lineup of workshops to inspire reflection, momentum, and healthy routines:

- **Vision Board: Picture Your Best Year Yet** with Coach Corene
- **Letting Go of 2025: A Guided Meditation** with Coach Gayle
- **Nutrition Habits for a Fresh Start** with Coach Melissa
- **Create Habits That Actually Stick** with Coach Wellington

These sessions provided tools to reset, plan ahead, nourish the body, and develop habits that last.