

ERS Buena Vida Bulletin



JANUARY 2025 Healthy new habits for a new year!



Get Fit Texas! Challenge

**Sign up opens Jan. 13;
challenge starts Jan. 20.**

Staying active doesn't have to be complicated! Jumpstart your fitness with a simple goal: 150 min. of physical activity per week. Walking, stretching or trying a fun new workout counts—every move gets you closer to good health.

Bookmark [this page](#) to register Jan. 13.



Webinar: Thrive by Design: Fresh start, new habits with Lacy Wolff

Jan. 16, 10 a.m. CT

Want to make healthy changes but don't know where to start? Join us for practical strategies to create and sustain habits that support your goals. You'll learn to set intentions, stay motivated and find joy in the process.

[Register](#)



Discover Buena Vida Healthy habits are easier with the right support!

Buena Vida is our new well-being program with tools and resources to help you thrive.

From fitness challenges to habit trackers, from awards to rewards, Buena Vida makes healthy choices accessible and fun based on your interests and needs.

[Sign up Here](#)

Fitness and Nutrition Connect Community Calls

Join the BCBSTX wellness team for 15-minute check-ins to connect with others and engage in a lively wellness discussion.

Fitness Connect Community: Why you should start your lifetime fitness routine today!

Jan. 14, 10- a.m.

[Register.](#)

Nutrition Connect Community: Optimal Pre and Post Workout Meals

Jan. 28, 10- a.m.

[Register.](#)

See the full list of offerings through the [ERS Wellness Events Calendar](#).