

# April 2025 Newsletter Content

## Fuel Your Health: A Fresh Focus on Nutrition

As we step into a new quarter, we are shifting our focus to **nutrition**—one of the most powerful ways to fuel your body, mind, and overall well-being. From **Motivation Monday sessions** to a **28-day nutrition challenge** and an **expert-led webinar**, you have access to practical tools to help you **eat well, feel great, and thrive**. Join us as we explore simple, sustainable ways to fuel your health!

## Motivation Monday: Slow Down & Enjoy Your Food

Kick start your week with **Motivation Monday**, where Jewell Smith and Lacy Wolff will guide you through Wondr Health's nutrition principles **every Monday from 9:00-9:15 AM**. These quick, engaging sessions will help you slow down, enjoy your food, and build healthier habits—all while adding a little movement and inspiration to your morning. Join us and set the tone for a mindful and energized week!

- Join Live through our [Work Well Texas Calendar](#), or
- watch on-demand through our [Virtual Fitness YouTube Channel](#).

## Webinar: Fueling Change – How Nutrition Shapes Your Health & Habits

**Thursday, April 10, 2025 | 10:00 – 11:00 AM** Discover how nutrition influences behavior, mindset, and long-term health in this insightful webinar with Dr. Tabbetha Lopez. Learn science-backed strategies for making sustainable changes and achieving your wellness goals.

### Key takeaways:

- How food choices impact health and behavior
- Simple strategies for lasting lifestyle changes
- The role of mindset in developing healthy habits

[Fueling Change Webinar Registration Link](#)

## Find the Right Nutrition Program for You: Wondr Health & Real Appeal

Looking to build healthier habits? **Wondr Health and Real Appeal** offer expert-led programs to support your **nutrition and weight management goals**. Whether you want to improve your eating habits, lose weight, or feel your best, these programs provide the tools you need.

**Explore your options:** [healthselect.bcbstx.com/condition-management/weight-lifestyle-management-programs](https://healthselect.bcbstx.com/condition-management/weight-lifestyle-management-programs)

## **Five to Thrive: Track Your Nutrition & Earn Rewards!**

Fuel your body and build healthier habits with **Five to Thrive**, a **28-day nutrition challenge** starting **Monday, April 14th!** Track the **fruits and veggies** you eat for **21 of 28 days**, and aim for **five or more servings a day for at least 14 days** to **earn exclusive rewards**—plus the benefits of better well-being!

### **How it works:**

- Track your intake for **21 of 28 days**
- Eat **5+ servings a day** for at least 14 days
- **Earn awesome rewards** like branded gear, fitness accessories & more!

**Sign up today and join the challenge:** [Buena Vida Registration Link](#)