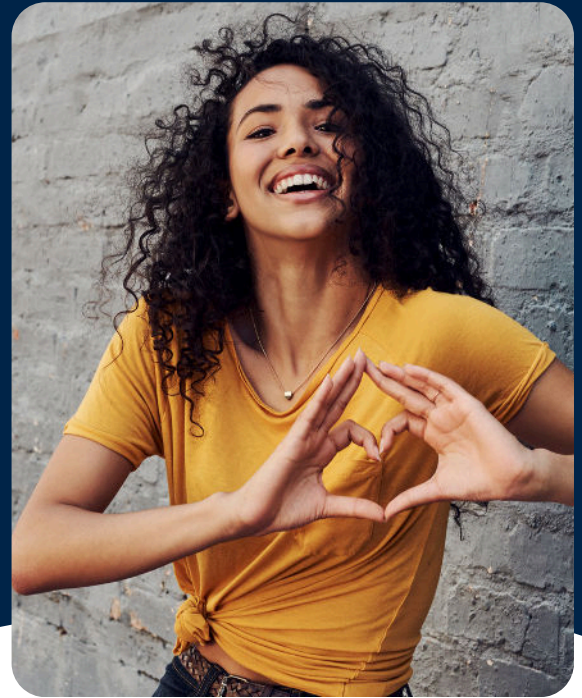


# Heartfelt Motivation Toolkit

Empower your community by focusing on Heartfelt Motivation! This curated collection includes helpful resources to promote heart health, inspire motivation, and build meaningful connections.



## Heartfelt Motivation Toolkit

Resources and assets designed to support teams in focusing on heart health, staying motivated, and building and maintaining important connections.

[TOOLKIT](#)



### What's this month all about?

Check out this video for tips and inspiration to focus on heartfelt motivation. Find guidance on self-love, heart health, and meaningful connections!

[VIDEO](#)



### Playlist

A curated selection of classes focused on energizing workouts, mindfulness sessions, and classes to strengthen your body and mind.

[PLAYLIST](#)



### BINGO

Embrace fresh starts by completing activities that promote personal growth, well-being, and positive change in all areas of life.

[BINGO](#)