2024 Burnalong themes

2024 is grounded in intention. Focusing on one step at a time, one day at a time. How can you improve your health and wellness by 1% each day?

- **JANUARY**
  - Intentional goal setting

- **FEBRUARY**
  - Nurture meaningful connections

- **MARCH**
  - Boost your nutrition

- **APRIL**
  - Connect to nature

- **MAY**
  - Mind your health

- **JUNE**
  - Fitness for all

- **JULY**
  - Fuel your body

- **AUGUST**
  - Own your age

- **SEPTEMBER**
  - Prioritize self-care

- **OCTOBER**
  - Wellness in balance

- **NOVEMBER**
  - Grounded in gratitude

- **DECEMBER**
  - Reflect and reset

Let’s get 1% better every day, together!

Visit the Marketing Portal for more assets.