



## MENTAL HEALTH RESOURCES

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### 30-Day Habit Tracker

- Small habits build to big changes. So get started by checking out our 30-Day Habit Tracker and LET'S GOOOOOO!

### Meditation Guide

- Think you're too busy, too beginner, too something to try meditation? That ends now! Here lies a stripped-down **beginner's guide to meditation**. We love you too much to let you miss out on the incredible benefits of this practice.

### "Focus" Inspired Spotify Playlist



## EMOTIONAL HEALTH RESOURCES

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### Phone + Desktop Wallpapers

- Did you know your phone wallpaper could give you a pep talk? It's true! Check out our mobile and desktop wallpapers for that pep talk we all need sometimes!

### Gratitude Cards

- Look for blessings, and you'll find them! Check out these gratitude cards as a tool to find your everyday blessings.

### Adult Coloring Pages

- Are you into coloring? Yeah, us too. Check out these coloring pages that will bring you some joy. Hang them on your bathroom mirror for that daily reminder we all need!

### "Joy" Inspired Spotify Playlist



## PHYSICAL HEALTH RESOURCES

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### RISE App Workout

- We're so excited for you to try out this kick-butt, "Wake Your Booty Up" workout from our brand new RISE App. Chris and Rachel take you through a fun, shake-it-all-out movement extravaganza. Get ready for that booty to burn!

### Move Your Body Bingo

- Get your body moving with BINGO! Check out our fun (because F is for fun, remember?!) BINGO board to get in a quick workout or use it as a starting place on your health journey. This is **YOUR** tool!

### "Move" Inspired Spotify Playlist



## FUEL RESOURCES

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### Lunch Recipes

- Picking out the perfect meal for breakfast, lunch, and dinner can be so hard some times! Especially when settling on an option means getting the whole family onboard for one meal. Talk about HARD! We've decided to help you out by sourcing a few delicious and healthy recipes for you to try with your family.

### Nutrition Worksheet

#### Kelly LeVeque's Smoothie How-To

- Follow along with Kelly LeVeque as she makes her famous Fab Four Smoothie (that is actually tasty **AND** healthy) for lunch! Not lunchtime? No worries, come back to it later!

#### "Fuel" Inspired Spotify Playlist



## KIDS RESOURCES

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### For the Littlest of Littles (0m-5 years)

- Calling all mommas, dads, + caretakers! Do you have a newborn or toddler running around you right now?! Check out these resources we gathered to help keep the little one (for ages 0m-5y) busy while you participate in RISE LIVE HEALTH.

### For the Kiddos (6-12 years)

- Calling all moms, dads, + caretakers! Do you have a child yelling "gotta catch 'em all!" (because Pokemon Go) 24/7?! Yeah, us too. Check out these resources we gathered to help keep your little human (6-12 years) busy while you participate in RISE LIVE HEALTH

### For the Teens (Middle + High School)

- Calling all moms, dads, + caretakers! Do you have a child that makes Tiktoks all day? We do the same here at Hoco. Check out these resources we gathered to help keep your teenager busy while you participate in RISE LIVE HEALTH