

2026 March Fuel for your path to well-being



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>A movement break can interrupt challenging emotions, helping you reset with optimism and energy.</p>	<p>2</p> <p>Nutrition isn't one size fits all, and neither are portion sizes. Learn portion-control tactics to support your health.</p>	<p>3</p> <p>Check out Merrill's 2026 Retirement Minute webinar series. Register today!</p>	<p>4</p> <p>Overwhelmed? Focus on what you can control: Acknowledge the hard stuff, then pivot to what you can change.</p>	<p>5</p> <p>Your metabolism turns down by 90% after just 30 minutes of sitting. A two-minute movement break resets it.</p>	<p>6</p> <p>Filing taxes early gives you more time to pay if you owe, or may help you get a refund sooner.</p>	<p>7</p> <p>Celebrate progress, not perfection. Build lasting successful habits with curiosity and joy.</p>
<p>8</p> <p>Movement breaks benefit everyone, even if you spend a lot of time on the go. Try stretching or working other muscles.</p>	<p>9</p> <p>First-time tax filer? Learn which credits you may be eligible for to help you gather your paperwork.</p>	<p>10</p> <p>Regoaling can help you move through difficult situations and improve resiliency.</p>	<p>11</p> <p>Fuel clarity and energy by adding protein into your meals. Experiment to find your favorites!</p>	<p>12</p> <p>The first step to tackling financial stress is identifying the specific issue so you can plan your next move.</p>	<p>13</p> <p>Give your brain a rest. Unplug for a few minutes before or after work to feel happier, more focused, and less stressed.</p>	<p>14</p> <p>When you're caring for others, it can be easy to overlook your own health. Try physical activities you can do together.</p>
<p>15</p> <p>Discuss your financial goals with a Merrill specialist. Register today at no cost to you.</p>	<p>16</p> <p>Supporting others starts with your own well-being. Take small breaks to stay patient and present with your loved ones.</p>	<p>17</p> <p>Video tip! Try one or two of these stretches to help with vision and posture strain.</p>	<p>18</p> <p>Break down the ABCDs of Medicare into digestible pieces. Register today!</p>	<p>19</p> <p>Spot tiny moments of joy or peace, like a warm coffee or a kind word. Noticing small wins trains a hopeful mind.</p>	<p>20</p> <p>Starting a new workout plan? Watch Strength Training and Nutrition 101 for tips!</p>	<p>21</p> <p>There are multiple ways to calculate credit scores, but they all use the account and payment history in your credit report.</p>
<p>22</p> <p>If a friend or coworker is stressed, take a movement break with them! Two minutes can re-energize you.</p>	<p>23</p> <p>Practice mindful eating with a simple snack, bringing awareness to each moment of tasting and chewing.</p>	<p>24</p> <p>How do you choose a credit card? Consider interest rates, rewards, and your own financial habits.</p>	<p>25</p> <p>If your phone has become a constant habit, try turning off notifications or leaving your phone in another room during meals.</p>	<p>26</p> <p>Moving every hour can help prevent pain in your neck, wrists, shoulders, and back, whether you work in a seat or on your feet.</p>	<p>27</p> <p>Try this step-by-step recipe for managing your bills using an app, spreadsheet, or notebook.</p>	<p>28</p> <p>Create a plan for self-care, whether that is a simple reminder to meditate or setting up time to see friends.</p>
<p>29</p> <p>A five-minute dynamic warmup will get you ready for any workout.</p>	<p>30</p> <p>Chew through debts one payment at a time with the snowball or high-interest-rate methods.</p>	<p>31</p> <p>Spending just two minutes in nature, either virtually or in person, can put you in a better mood.</p>	<p>Scan the QR code or visit One.Walmart.com/Wellbeing to explore these tips and more.</p> 			

 Webinar

Support for your mind, body, and wallet

Featured vendors:

breakthru

Reset mind and mood, and boost metabolism with two-minute guided breaks. **Take action.**

 **FITNESS PASS**

Work out at home or in a gym with discounted options. **Start today.**

 **fresh tri**

Build lasting weight loss habits using proven brain science. Choose what works for your life—no guilt, no failure, just progress. **Build healthy habits.**

lyra

No-cost support from mental health professionals and self-care resources. **Connect today.**

MERRILL 
A BANK OF AMERICA COMPANY

Start saving, check your balance, and manage your 401(k) account. **Log in.**