



## WKU TopLife Incentive Reminders

- If you and your covered spouse/partner, if applicable, are enrolled in health benefits effective 1/1/2026, each is required to have completed the Health Assessment by 12/15/2025 and **earn a minimum of 5,000 Vitality points by 9/1/2026.**
- New hires and covered spouses/partners, if applicable, who enrolled in health benefits after open enrollment with benefits effective after 1/1/2026 through 5/31/2026, are required to **complete the Health Assessment by 9/1/2026** to fulfill your pledge.



## Happy New Year!

Challenge  
Alert!

## Step'sational Start

Are you up for a healthy start to a new year? Ready to step it up with a new year monthly steps challenge?

### Challenge Goal:

It's simple. Join the challenge and log your \*steps towards completing the greatest number of steps over **4 weeks** between **January 20 – February 17.**

### Vitality Points?

Log steps to earn **physical activity points**. Connect your smartphone or compatible fitness device or app to Vitality and individually reach 120,000 \*steps—approximately 60 miles—by the end of the 4 weeks to earn **150 bonus points!**

### Bragging Rights:

Check the leaderboard and stay engaged on the challenge chat page to share how your team is progressing! Winners earn bragging rights and may be featured in the next newsletter.

### Register today!

Go to the "Challenge" tab in your Vitality account to **register by Tuesday, January 20.** Feel free to create a solo or group "team" or join an open team.

\*Note, steps logged only from the date you join the challenge will count towards the challenge leader board.



## Upcoming Webinars

### Heart Smart

**February is Heart Month!** Join Coach Hanna to learn practical ways to reduce your risk for heart disease — including heart-smart biometric numbers and building a heart-healthy lifestyle that works for you.

**When:** Thursday, Feb. 12, 2026  
**Time:** 12-12:30 pm ET/11-11:30 am CT  
**Where:** [Register today](#) to join the webinar live on Webex and earn **50 Vitality points**. *Note, a recording will not be available.*



### Live Cooking Demo: Nutritious Twists on Common Classics

**When:** Thursday, March 12, 2026  
**Time:** 12-12:30 pm ET/11-11:30 am CT  
**Where:** Block your calendar and stay tuned for registration information. **50 Vitality points**. *Note, a recording will not be available.*



# COACH'S CORNER

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## Coach Pam

### Start the Year with Mindful Moments

January is a time for fresh starts, and the beginning of a new year offers an opportunity to deepen our mindfulness practice or renew our intention to be more present. This article explores simple ways to weave mindfulness into our daily routines and set a grounding tone for the year ahead. Mindfulness doesn't require large blocks of time. Brief moments throughout the day can make a meaningful difference. When we're trying to build consistency or establish a new habit, it often helps to pair that habit with something we already do. Below are examples of how to incorporate mindfulness practices using everyday prompts.

#### Three 1-Minute Mindfulness Techniques:

##### Morning Coffee Mindfulness

Often, we drink our morning cup of coffee or tea with little awareness. The next time you pour your morning beverage, pause, and give yourself permission to be fully present for the first minute. Take a deep breath and feel the steam rising from the cup. Notice the aroma, the color, and the warmth of the mug in your hands. Take a sip and feel the heat in your mouth, the sweetness or bitterness of the flavor, and the warmth as you swallow. **Repeat this each time you enjoy your morning coffee or tea.**

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## 1-min. Mindfulness Techniques Continued.

### Take Five: End Your Day with Positivity

As you settle into bed each night, take a moment to reflect on the day by counting five good things that happened. Give yourself a minute to appreciate those moments, big or small, and allow yourself to re-experience the positivity they brought. **Repeat this each night as part of your bedtime routine.**

### Start the Day with Intention

Before reaching for your phone or turning on the TV in the morning, pause to take a deep breath, stretch your body, and visualize the day ahead. Ask yourself: How do I want my day to unfold? What do I want to make happen today? Picture your day as productive, joyful, and fulfilling. **Repeat this each morning before engaging with technology.**



Whether we are pausing to savor a mindful moment, practicing gratitude, or using visualization to guide our day, these small practices offer us meaningful opportunities to cultivate peace, joy, and optimism.

For more ideas on starting the new year with mindfulness, click [here](#).

**Scan the QR code or click the link below to earn Vitality points for reading this article!**

[\*\*Coach's Corner Article Points\*\*](#)



### Have a success story to share?

If you have experienced positive outcomes because of your participation in the TopLife Wellness program, we'd love to hear about it!

Your story can inspire and motivate others on their wellness journey. It can be a powerful reminder that wellness goals are achievable, and it can inspire others to take the next step.

[Submit a Testimonial Here](#)  
or scan the QR code below.

