

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.