

Kurbo Work From Home Toolkit #2

Health and wellness are essential components to a happy and healthy life. With our routine changes now more than ever, it's important for employees and their families to know they are still supported in their wellness journey.

What's included:

Article 1: [Kurbo Tips for Keeping your Immune System Strong](#)

Lifestyle choices can give your immune system the upper hand. Let's look at some of the simple behaviors that can contribute to your family having optimal immune function.

Article 2: [Bite-Sized Exercise: Tips to Move More at Home](#)

The benefits of exercise are still so important for both our physical health and mental health so making that extra effort to move more, even if it takes a little more creativity than before, is worth it.

Article 3: [5 Happiness Hacks That Will Help You with Your Health Goals](#)

Getting happy benefits you and your well-being, plus you have the power to influence others with your positivity. Let's look at 5 ways you can take action now to feel more positive and happier.

Article 4: [Kurbo Cauliflower Comfort Food Recipes](#)

Cauliflower is one of the most versatile vegetables. It works well as a green light substitution in your favorite comfort food recipes. Here are some of the best cauliflower comfort food recipes we like to use at Kurbo. Try these and also experiment with replacing a yellow or red light ingredient in your favorite comfort foods with cauliflower to get those extra veggie green lights!

Article 5: [Exciting New Ways to Use Lentils](#)

Lentils are a popular pantry staple and they are good for so much more than soup and salad. Lentils are a great substitute for meat, but did you know they also make a great pizza crust? Check out 5 exciting new ways to use lentils tonight!