



Kurbo Work From Home Toolkit #4

Health and wellness are essential components to a happy and healthy life. With the changes in our routines, now more than ever, we need to support each other on the wellness journey.

Below you will find Kurbo resources to help uplift and encourage you and your employees or your family, during these times of change.

What's included:

Article 1: [7 Ways to Outsmart Your Cravings](#)

If you find yourself craving something sweet or salty, it doesn't have to throw you off your intentions to eat healthfully. There are ways to outsmart those intense feelings to eat without sabotaging your health.

Article 2: [Take your Walking to Running](#)

Have been you walking A LOT over the last few months? Are you getting a little bored and considering taking it to the next level? Here are some tips from [Runners World](#) to take your walking to running!

Article 3: [Summer Ideas for Kids at Home](#)

It's safe to say that we are facing a summer like no other. As restrictions start to lift at varying rates across the county, it's hard to know what we can or can't do in the way of summer camps and vacations. Here is a list of ideas to help keep our kids occupied and entertained for at least part of the summer.

Article 4: [3 Ways to Get a Good Night's Sleep](#)

It can be hard to identify what makes a good night of sleep. Here are three key areas to evaluate when improving your sleep quality.

Article 5: [15-Minute Recipes](#)

You can get these healthy and delicious 15-minute meals on the table in half the time it takes to get takeout. Let's get cooking!