



SQUAD GOALS

Welcome back to Squad Goals!

We hope you benefitted from last week's goal and enjoyed incorporating movement into your routine. This week, more experts from our Vhi Health Squad are here to share two new Squad Goals with you.

Remember, these small changes can make a big improvement to your overall health and wellbeing and help you to live a longer, stronger and healthier life.

Squad Goals Week 2 - Breakfast & Social Connection

This week's Squad Goals are set by Louise, your nutrition expert and Micheli, your psychology expert from the Vhi Health Squad.

Louise is going to talk to you about the most important meal of the day and how we can all make time for it in our busy lives. Watch this video to find out more.



Micheli is here to talk about the importance of social connection and how making time to catch up with a friend every day can enhance your level of happiness. Watch this video to find out more.



If you haven't already signed up to our free 8-week programme from the Vhi Health Squad, there's still time. Just click on the button below to get started and remember that this programme is available to everybody. So, why not invite your friends and family to take part and go on a health journey together.

[Sign up now](#)

