

HSBC Place Fitness



Click [here](#) to see this month's live class schedule

February Focus: Self-care

Self-care is anything you do to take care of yourself so you can stay physically, mentally, and emotionally well. Research suggests self-care promotes positive health outcomes, such as fostering resilience, living longer, and becoming better equipped to manage stress. Self-care looks different for everybody. Need ideas on how incorporate self-care into your routine? Click [here](#) to access a self-care calendar for the month.



The Biggest Winner Challenge is still going and it's not too late to join.

Click [here](#) for more info

February is heart health month. Incorporate anti-inflammatory foods for a heart healthy diet.

Click [here](#) for 6 tips to feed a healthy heart



HSBC Place Fitness Center is open!

Restriction Exemption Program in effect since January 5th, 2022. All access cards have been deactivated. If you have not already done so, verify your Covid-19 vaccine QR code with the fitness manager to regain access.

Questions?

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