

HEALTHY ANNUAL PLAN



KINASTIC
2026 Q1



January: Healthy routines & new beginnings

WEBINARS

- Kickstart your day: your perfect morning routine
- Meal prep made easy: stress-free through the week

ARTICLES

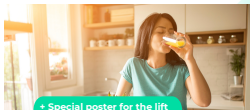
- Evening routine: 5 steps for a restful sleep
- Mental decluttering: How to start the new year with a clear mind

ACTIVE BREAK

- 5-minute morning stretch: start your day active

RECIPES

- Vegan moroccan lentil soup
- Warm apple cinnamon cider (alcohol-free)



+ Special poster for the lift



February: Social well-being



4 Feb: World Cancer Day

WEBINARS

- World Cancer Day: prevention and support
- Empathy at work – How to stand up for yourself authentically through nonviolent communication

ARTICLES

- The power of kindness: why giving makes you happier than receiving
- Compliments in everyday life: small words with a big impact

ACTIVE BREAK

- Active lunch break: 5 minutes of exercise for new energy

RECIPES

- Vegan sweet potato brownies with chocolate chips and walnuts
- Hearty oven-baked vegetables with feta



March: Women's Health & Sleep



March 8: International Women's Day

WEBINARS

- Cycle-conscious through everyday work
- Circadian Rhythm: How sunlight Influences our Sleep

ARTICLES

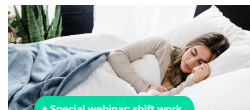
- Meals for better recovery and sleep: What really helps?
- Rethinking menopause: from taboo to superpower

ACTIVE BREAK

- Afternoon desk relaxation: 4 minutes for neck, shoulders & head

RECIPES

- Gluten-free oatmeal cookies with cherries
- Soothing chamomile tea with lavender



+ Special webinar: shift work

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April Sustainability & Financial Health



April 7: World Health Day
April 22: Earth Day

WEBINARS

- Conscious handling of food: tips for more sustainability
- Financially relaxed instead of constantly stressed: here's how

ARTICLES

- Seasonal and regional: how to eat sustainably
- Second-hand instead of new purchases: sustainable savings

ACTIVE BREAK

- Move consciously: 5-minute desk flow for spring

RECIPES

- Kale and orange smoothie
- Vegetable leftover soup with egg: delicious & sustainable



+ Special poster for the mirror



May Mental Health & Resilience

WEBINARS

- Preventing burnout: recognize warning signs and act
- Reduce stress with exercise: how short active breaks strengthen resilience

ARTICLES

- Affirmations in everyday life: More self-confidence through language
- Growth begins in the mind: How to strengthen your resilience

ACTIVE BREAK

- Fresh air, clear mind! 5 minutes for new energy

RECIPES

- Turmeric Latte (Golden Milk)
- Bean stew with potatoes



+ Special Active Break: Anti-Stress Ball



June Parenting & Diversity



Diversity Month

WEBINARS

- Parents as role models for healthy child nutrition
- Completely equal: family and career. Together.

ARTICLES

- Equality begins at home: parenting in partnership
- Inclusive family life: Living diversity in everyday life

ACTIVE BREAK

- Stretching with children – exercise for all ages

RECIPES

- Berry and vegetable smoothie
- Quick lentil lasagna – ideal for stressful days



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July Sommerbalance & Digital Detox

WEBINARS

- Digital Detox: More presence in real life
- Switching off on holiday: How to achieve real relaxation without guilt

ARTICLES

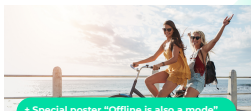
- Stay cool without air conditioning: 7 sustainable strategies against heat
- Healthy & enjoyable grilling: Balance on the plate

ACTIVE BREAK

- Shoulder wake-up: 5-minute mobilization for summer mornings

RECIPES

- Frozen yogurt with fresh fruit
- Gazpacho - Refreshing cold vegetable soup



+ Special poster "Offline is also a mode"



August Nature, Safety & Grounding

WEBINARS

- Naturally protected: sun protection from inside and outside
- Plastics & more: How invisible substances affect us – and how we can protect ourselves

ARTICLES

- Barefoot on the move: How grounding strengthens body and mind
- Micro-adventures in everyday life: How to bring nature into your after-work routine

ACTIVE BREAK

- Stay grounded! 5 minutes for focus and balance

RECIPES

- Summery lemon quinoa salad
- Flavored water



+ Special poster "Recharge yourself with water"



September Pain & Self-Care

WEBINARS

- Myths and facts about back pain: How knowledge promotes the right treatment
- Understanding and preventing migraines

ARTICLE

- A healthy start to autumn: Why self-care is the best routine
- Cell Phones & Neck Pain: The Myth of 'Text Neck'

ACTIVE BREAK

- Eye and neck relaxation: 5-minute break from everyday screen time

RECIPES

- Oven-baked apple rings with cinnamon & nuts
- Autumnal bean and pumpkin stew with turkey strips



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October

Self-esteem & mind-body connection



10 Oct: World Mental Health Day

WEBINARS

- Understanding fear – and learning to live with it
- Mind-Body Connection – How body and mind shape each other

ARTICLES

- You are not your achievement: rethinking self-worth
- Nutrition and mood: How food influences our emotions

ACTIVE BREAK

- Mindfully close your workday: Your 3-minute mind-body reset

RECIPES

- Fennel gratin with organ sauce and wild rice
- Homemade granola with nuts and dates



November

Immune system & minimalism

WEBINARS

- Intestinal health and immune defense: The role of nutrition
- Living minimalism: Less consumption, more satisfaction

ARTICLES

- Natural home remedies for colds: honey, onions, etc.
- Recognizing restlessness: Ways to achieve more inner peace

ACTIVE BREAK

- Loosen up! 5 minutes for your back, hips & shoulders

RECIPES

- Ingwer-Shots
- Chicken soup with vegetables



+ Special poster "Take a deep breath. Then answer."



December

Finding reflection & meaning

WEBINARS

- Live with purpose, stay healthy: Modern spirituality in everyday life
- Celebrate and reflect on your successes – gain more clarity, motivation, and self-confidence

ARTICLES

- Year-end rituals: How to end the year consciously
- More than just a job: How to find true fulfillment in your work

ACTIVE BREAK

- Winter break for neck & nerves: Your 5-minute micro-moment

RECIPES

- Beetroot salad with apple, walnuts and yogurt dressing
- Vegan almond-cocoa smoothie

