Virgin Pulse Journeys®

Turn your healthy steps into a habit you master. Want to get a better night’s sleep? Exercise more? Reduce your stress? Journeys are self-guided digital courses that give you daily support in the areas you want to focus on. Learn evidence-based tips, practice new skills — and start experiencing real results.

Get started
Go to join.virginpulse.com/wellstyles
Get Started

Step 1
Open the Virgin Pulse mobile app or go to the website and find Journeys in the Health menu.

Step 2
Find the Journey that’s right for you. If you would like to view all the available Journeys in a topic, click View All.

Step 3
Click on the Journey you would like to learn more about. Click START to begin your Journey.

Step 4
Begin your Journey by taking the first step. Come back every day as you build up to a new key healthy habit!

Don’t have the app?
Download it today from the App Store or on Google Play.
What to expect from Journeys

Reaching a personal health goal starts with a single step. No matter your goal, Journeys will provide simple, bite-sized tips to help you establish new healthy habits. Here are just a few of the Journeys available to you.

**GETTING ACTIVE**

**Fit as a Family**

Kids start forming physical activity patterns as toddlers. But it’s never too late to start. Build the habits you want for your family starting with 5 or 10 minutes. All you need: some creativity, a sense of adventure and a willingness to get silly. After all, kids just want to have fun.

**Move to Lose**

To lose weight, most people think they need to eat less or exercise harder. But there’s another smart way to burn more calories every day. Scientists call it “NEAT”, and it stands for the calories you burn when you’re NOT exercising. NEAT is about being more active in small ways all day long.

**Walk Your Way to Fitness**

You don’t have to run marathons to get measurable health benefits from exercise. Just start walking. A goal of 30 minutes a day is all you need to be on your way. Let us show you.

**EATING HEALTHY**

**More Veggies in No Time.**

Looking for a quick addition to meals and snacks? Go for one filled with fiber, nutrients, vitamins and minerals. That’s vegetables. With so many different choices and easy prep, you can be a veggie master in no time.

**Smart Portions**

Healthy eating is not just about what you eat, it’s also about how much. The size of meals and snacks can make a big difference when it comes to making sure your calorie intake is on track for your goals. Learn some simple tricks to make smart portion choices.

**Eat Like a Mediterranean**

Mediterranean-style eating is filled with healthy foods like veggies, fruits, whole grains, fish and healthy fats. Learn how to put together delicious meals and snacks at home. And you can go Mediterranean when you’re out to eat too.

**SLEEPING WELL**

**Calm Your Mind for Sleep**

Is your mind racing when it’s time for bed? You’re not alone. For many people, bedtime can be stressful. It’s one of the few times of the day that’s quiet—and as a result, worries can creep up. Learn how to calm your mind before bed and get better rest.

**Get Back to Sleep**

If you wake up and can’t get back to sleep, you won’t feel like yourself later when you have to get up. Learn tips for getting back to sleep right away. You’ll also learn what to do if you’re wide-eyed for longer. It is possible to fall back asleep and feel better when it’s time for work or play.

**Sleep for Parents**

Whether you have a newborn, kids or teens, it can be hard to sleep well as a parent. But having kids doesn’t mean you always have to be sleep deprived. Learn techniques for getting more rest, whether your kids need a 2 am bottle, a midnight hug or a late ride home.

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Choose a New Attitude
You probably know how a bad day can suck the energy right out of you. Here’s the good news: You can break the cycle. Small step by small step, you’ll learn to coach yourself into a new frame of mind.

Find Your Focus
Work smarter by growing your brainpower. A great first step is to learn to improve your attention span. Think about what you can do when you’re getting distracted. Build your focus over time. That will train your brain to stay on one task at a time, bringing you more energy and better performance (or more productivity).

Stress Less in 10 Minutes
We all feel some stress, but too much stress can harm your health and your productivity. Learn some simple ways you can rein in stress before it becomes a problem. These steps all can be done in 10 minutes or less. You’ll soon be in the habit of dialing down your stress level every day!

Financial Fitness: Plan for Emergencies
In life, surprises happen. The best way to be prepared? Plan for the unexpected. That means saving money, getting the right insurance coverage and setting up legal protection for yourself and anyone who depends on you. You can’t know the future, but you can make sure you’ll be ready to face it.

Organize for Financial Fitness
Want more money? Getting organized is the first step. When you know where your money is coming from—and going—you’ll waste less on mistakes. And you’ll gain confidence by knowing exactly what you can afford. Time to get those ducks in a row. Organize your finances to help you achieve your goals.

Shrink Your Debt
Be honest: Do you know where your money went today? The truth is, many of us don’t. And skyrocketing debt is the proof. No matter how much you make (or don’t), smart money habits can be the difference between living well and always feeling like you’re short on funds. Let us show you how.

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