

Experience Life

HEALTHY. HAPPY. FOR REAL.

2027 Themes

Jan . Live on Purpose

Feb Bring intentionality to the new year by leaning into the passions and interests that align with your authentic desires and values. Plus, discover proven strategies that put true health and wellness at the forefront.

Mar . Mind Your Mental Health

Apr Research and surveys show that mental health and well-being are a top priority for many of us, and, in particular, Gen Z. This issue reminds us that taking care of the body *and* mind matters when it comes to real health and wellness.

May . The Food Issue

June A reader favorite, our annual food issue is all about the many ways that food nourishes us, from what we eat to who we eat it with and where. Plus, find tasty recipes, kitchen and cooking tricks, other culinary ideas, and more.

July . Explore Your Edge

Aug Embrace the spirit of summer and try something new — something that challenges you, something that changes you. In this issue, we delve into why stepping outside your comfort zone is where you often realize your potential.

Sep . Find Your Focus

Oct Fall is here, and with it, the return to routine. With just four months left in the year, we offer ideas and strategies for committing to (or getting back on track with) the goals you've set for yourself.

Nov . Connect Well

Dec As the end of the year approaches, we dig into the importance of relational health and its influence on our well-being. We also share creative ways to come together and celebrate another year with loved ones (both familial and chosen).