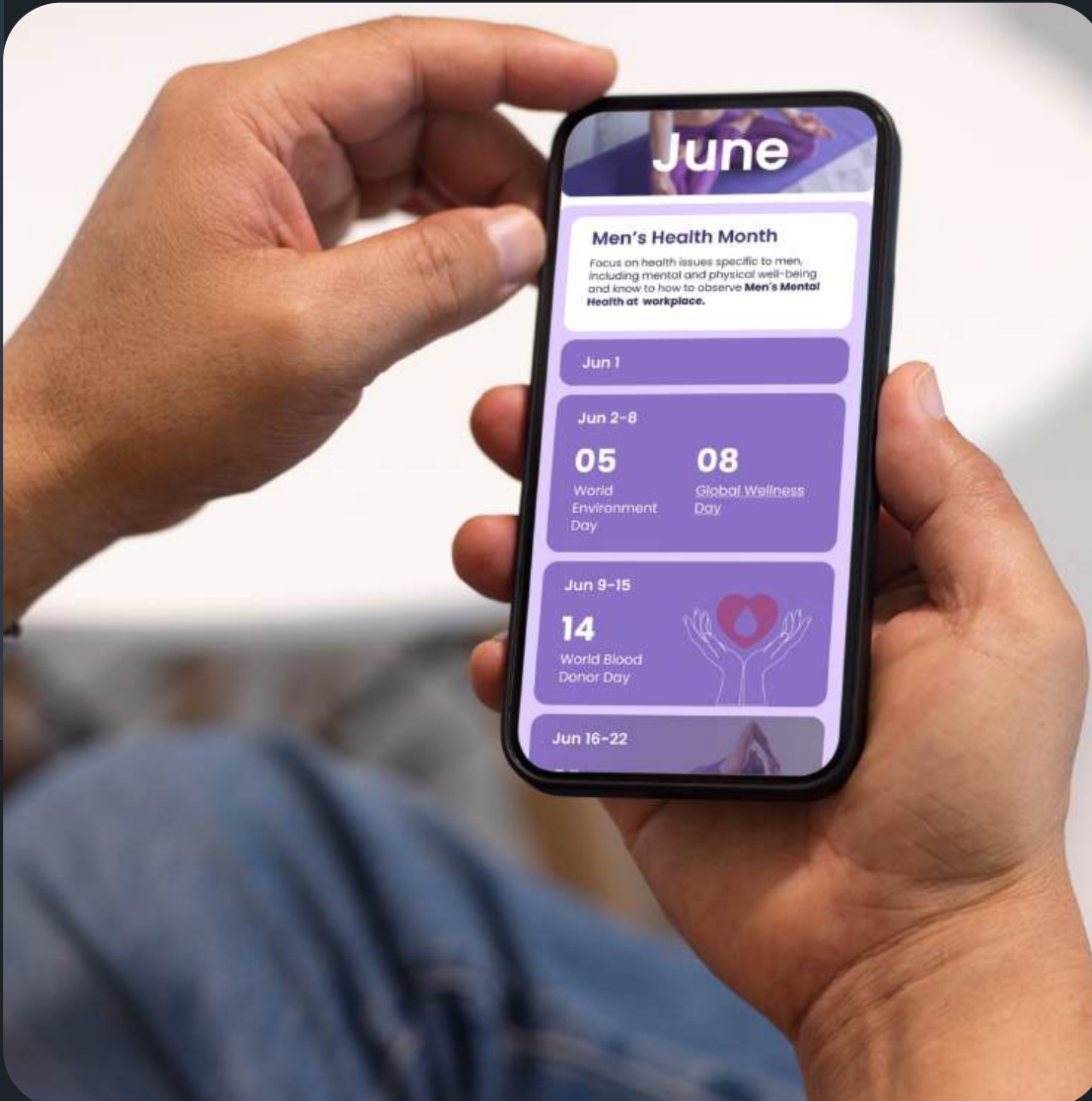




Vantage Fit



Wellness *Calendar* 2025



January

Dry January

Encourage your workforce to abstain from alcohol to improve their physical and mental health.

Jan 1-5

01

New Year's Day

03

National festival of sleep

04

World Braille Day

Jan 6-12

Jan 13-19

16

Women Healthy Weight day

Jan 20-31

24

International Day of Education

31

Fun At Work Day

February

Heart Month

Focus on cardiovascular health and preventing heart disease with Vantage Fit Heart Rate Monitoring.

Feb 1-2

Feb 3-9

04

World Cancer Day

Feb 10-16



11

International Day of Women and girls in Science

Feb 17-23

17

Random Acts of Kindness Day

Feb 24-28

March

National Nutrition Month

Promote the importance of making informed food choices and developing healthy eating habits. Keep track of your daily nutrition intake with Vantage Fit's Nutrition Tracker.

Mar 1-2

Mar 3-9

08

International Women's Day



Mar 10-23

14

World Sleep Day

20

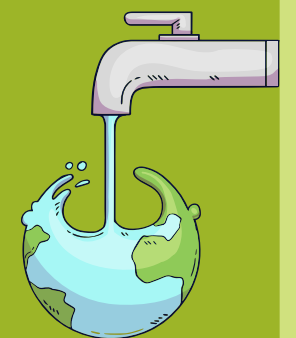
International Day of Happiness

21

International Day of Forests - Environmental Wellness

22

World Day for Water



Mar 24-31

Kickstart your wellness journey this year. Join *Vantage Fit* now!



Book a Demo

April

Stress Awareness Month

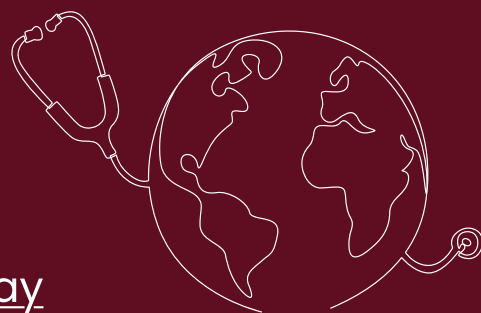
Focus on increasing awareness about stress and its impact on overall health. Reduce stress levels with [Vantage Fit with Mindfulness Sessions](#).

Apr 1-6

Apr 7-13

07

[World Health Day](#)



Apr 14-20

Apr 21-27

22

[Earth Day](#)

Apr 28-30

28

[World Day for Safety and Health at Work](#)



May

Mental Health Awareness Month

Aim to raise awareness and provide support for mental health issues. Learn how to incorporate [Mental Health First Aid Kit at Work](#).

May 1-4

01

[Labour Day](#)

May 5-11

08

[World Red Cross Day](#)

10

[Global Move for Health Day](#)

May 12-18

May 19-25

May 26-31

31

[World No Tobacco Day](#)



June

Men's Health Month

Focus on health issues specific to men, including mental and physical well-being and know to how to observe [Men's Mental Health at Workplace](#).

Jun 1

Jun 2-8

05

[World Environment Day](#)

08

[Global Wellness Day](#)

Jun 9-15

14

[World Blood Donor Day](#)



Jun 16-22

21

[International Day of Yoga](#)

Jun 23-29

Jun 30

Embrace a healthier you this spring. Explore [Vantage Fit](#) today.



[Book a Demo](#)

July

Plastic Free July

Reduction in plastic usage for environmental and human wellness.

Jul 1-6

Jul 7-13



Jul 14-20

Jul 21-27

24

International Self-Care Day

Jul 28-31

28

World Hepatitis Day

30

International Day of Friendship



August

National Wellness Month

Focus on self-care, stress management, and building healthy habits. Go through our insightful blog to discover how to celebrate **National Wellness Month** at workplace.

Aug 1-3

Aug 4-10

09

International Day of the World's Indigenous Peoples

Aug 11-17

12

International Youth Day



Aug 18-24

19

World Humanitarian Day



Aug 25-31

September

Self-Care Awareness Month

Encourage your workforce to take care of oneself for overall health and well-being with **Vantage Fit Holistic Wellbeing Wellness**.

Sep 1-7

05

International Day of Charity

Sep 8-14

08

International Literacy Day

Sep 15-21



21

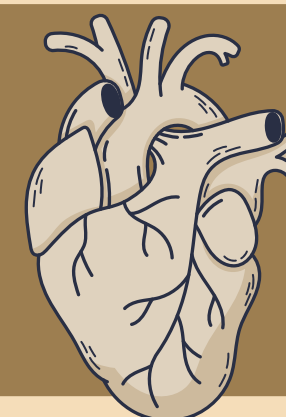
International Day of Peace

Sep 22-28

Sep 29-30

29

World Heart Day



Stay on track with your goals and focus on wellness with **Vantage Fit**.



Book a Demo

October

Breast Cancer Awareness Month

Focus on awareness, prevention, and treatment of breast cancer with **Vantage Fit's Breast Cancer Articles**.

Oct 1-5

01

International day of older persons



Oct 6-12

10

World Mental Health Day

Oct 13-19

16

World Food Day



Oct 20-26

Oct 27-31

31

Halloween



November

Mental Health & Inclusion Month

Celebrate mental health & inclusion month with **Vantage Fit promoting a supportive, inclusive culture** where every employee's well-being matters

Nov 1-9

Nov 10-23



13-19

Transgender Awareness Week

14

World Diabetes Day

19

International Men's Day



20

Great American Smokeout Day



Nov 24-30

25

International Day for the Elimination of Violence against Women

December

Universal Human Rights Month

Promote equality and well-being for everyone in your workplace with **Vantage Fit's inclusive approach to Holistic Employee Wellness**.

Dec 1-7

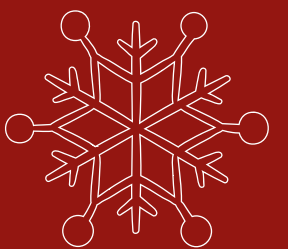
03

International Day of Persons with Disabilities

Dec 8-14

10

Human Rights Day



Dec 15-21



Dec 22-28

25

Christmas



Dec 29-31



Finish the year strong! Start your holiday wellness journey with **Vantage Fit**.



Book a Demo