

An award-winning UK health insurer

NEWS update



Health Insurance

WPA Launch Recharge Month

January 2024



Join with us this January and recharge your internal batteries by focusing on your fitness, diet and wellbeing with our three weekly themes: **body, plate and mind**

Body

Engage in regular physical activity to ensure you remain fit and healthy

Plate

Maintain a healthy diet, rich in nutrients – eat the rainbow to fuel your body and your mind

Mind

Look after your mental health – get outside and enjoy some fresh air, but also make sure you take time to relax and unwind



Share your journey on our socials
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Visit wpa.org.uk/recharge
and check out our content for inspiration