

Parenting and New Family Support

In today's fast-paced work environment, prioritizing wellness as a new or working parent and caregiver is crucial. It's easy to let personal health and wellness take a backseat, however, investing in one's well-being can enhance work-life balance and the ability to provide care for others more effectively. Our goal is to empower parents and caregivers to prioritize their health and well-being, as much as they prioritize it for those they care for and ultimately make this journey a joyful one.



Empowering parents through wellness

HealthKick's diverse network of wellness partners and resources can help you maintain a balanced, healthier life at work and at home. With offerings across physical health, fitness, mental health, nutrition, mindfulness, and finance, you will have the tools to address all that comes with being a parent.



Complimentary Wellness Coaching Sessions

HK members receive free wellness coaching sessions with experts in Pre- and post-Natal Nutrition, Women's Health, Parenting, Financial Planning, and Life Coaching so you can address immediate needs while implementing healthy habits for the long term.



Parenting Wellness Brands

Explore a range of categories spanning boutique nutritional supplements and personal care essentials, to convenient meal delivery services, at-home health testing kits, injury recovery aids, pre and post-natal fitness gear, and mindfulness resources.



Live and On-Demand Wellness Sessions

Through monthly virtual webinars led by wellness experts to a free on-demand webinar library, you will feel empowered as a parent to find what works for you...no matter where you are or what your schedule.

HealthKick's diverse partner network is here to help parents maintain a healthy and happy work/life balance while supporting their family's unique needs.

◀◀◀ *A Brand Network for Parents* ▶▶▶

SimpliFed



A New Day
Pediatric Psychology, PLLC

Lactation/Feeding support

Pre/post natal nutrition

Parenting support and coaching

OOVA

Wonderfully Made
NUTRITION

blueberry

Fertility Tracking

Functional nutrition

Pediatric Telehealth

bambino
Find. Book. Pay. Babysitting made easy.®

HELLO FRESH

Origin.

On-demand Babysitting

Healthy meal-kit delivery

Pelvic Floor Physical Therapy

HOMER
kid powered learning

little spoon.

DRUCKER WEALTH
Financial Planning | Wealth Management

Educational Tool for Kids

Organic baby food delivery

Financial Planning

◀◀◀ *Complimentary Wellness Coaching* ▶▶▶

Personalized expert-guided support for parents on Nutrition, Weight Loss, Health and Behavior Change, Financial Planning, Parenting, and Life Coaching.

skye

joanna loewi
THE PRESENT MAMA

LINDSEY
KASZUBA
HEALTH

Executive and Life coaching

Parent Coaching and Therapy

Women's nutrition coaching

penny finance

Esther
BLUM
MS, RD, CDN, CNS

Becca Clegg

Women's Financial Planning

Hormones and Menopause

Health and Life coach

JOHN MARK SHAW

MOMMY GROOVE

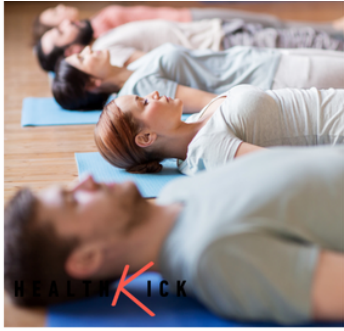
BACH + FORTH

Life Coach

Parenting coach

Holistic Health and Body Image Coaching

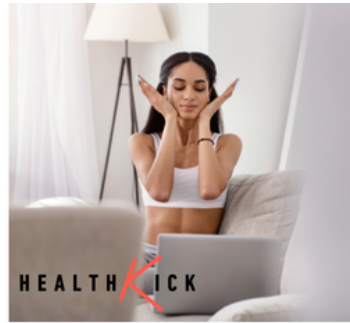
Explore our on-demand library, where as a new or working parent, you'll not only find a wealth of resources, but also the empowerment to discover what works best for you, no matter your location or schedule. Get started with some of these member favorites.



Breathe Your Way to Calm & Peace



HEALTH KICK shimmer *joanna kowal THE PARENTS' VOICE* OUR BLOG
Self-care Isn't Selfish: An Expert Panel for Working Parents and Caregivers



Self Care Techniques



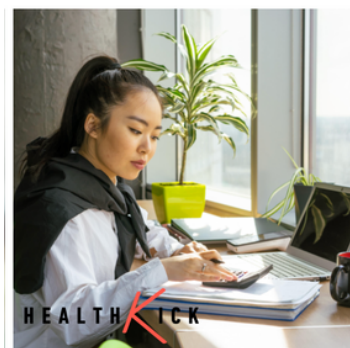
Uncovering the Fears & Myths of Common Pediatric Illnesses



Empowering Your Health Through Food



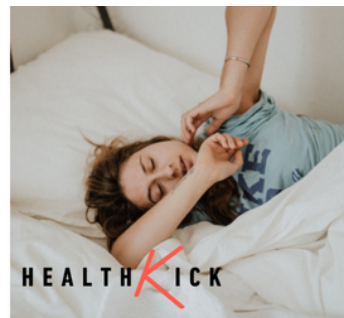
Parenting Panel on Navigating Turbulent Times



Financial Goal Setting + Planning



Stretch Session



How to Sleep Better - Starting Tonight



30 Minute Meditation



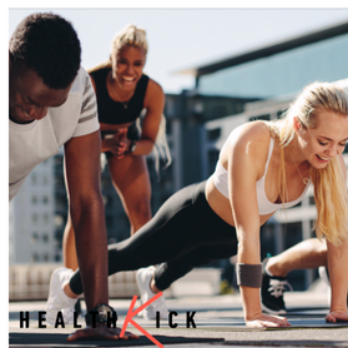
Yoga Class



EFT Tapping for Stress and Anxiety



Thriving Through Life's Transitions: HealthKick Expert Panel Discussion on Women's Health



Bootcamp Class



Supporting Your Hormones With Diet & Lifestyle Shifts



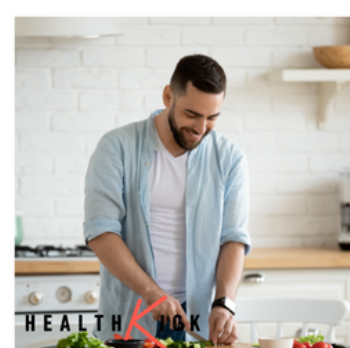
Fueling Your Workday: Eating for Energy and Productivity with Daily Harvest



Relaxation Meditation with Within Meditation



Setting Healthy Boundaries



Redefining Healthy Eating Habits



Accepting Your Body in a World Telling You to Change