

PELOTON

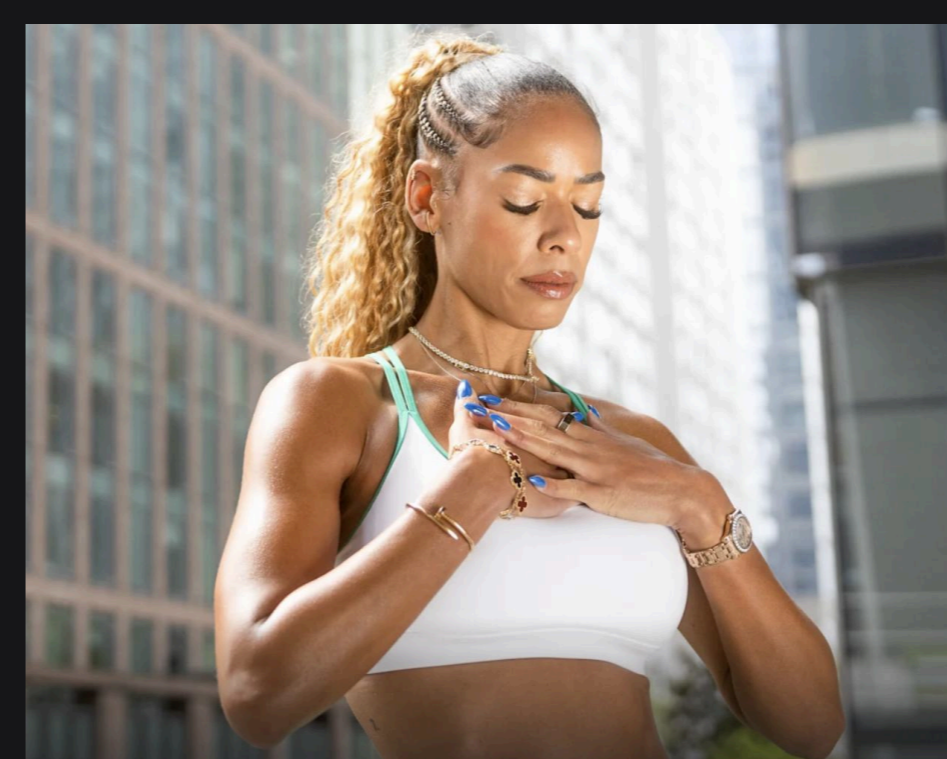
# Mental Health Awareness Month

May 2026



Move with intention this May with classes focused on Mental Health Awareness Month. Whether you're looking to reset your mind, relieve stress, or energize your day, our featured classes are designed to support both your mental and physical well-being. Find a class that resonates and press play.

## Move with Purpose



**30 min Mental Health Awareness Walk**

with Kristen Ferguson



**10 min Mental Health Awareness Stretch**

with Rebecca Kennedy



**20 min Mental Health Upper Body Strength**

with Ben Alldis

## Explore blog posts

### 7 Mental Health Benefits of Walking

Sometimes, a walk and some fresh air really is the answer. Discover the powerful mental health benefits of walking and simple tips to make it part of your daily routine.

### Benefits of Meditation and How to Start

It's no secret that meditation is good for your overall well-being. Learn the benefits and explore simple steps to help you get started.

## Claim your benefit

If you haven't already, [click here](#) or scan to claim your Peloton benefit.

