

THE ESSENCE GUIDE TO WELLNESS

SIMPLE HABITS FOR EVERYDAY WELLNESS

Small, intentional steps toward better overall health

Wellness is not about changing everything overnight. It is about creating simple habits that support your body, mind, and quality of life.

ESSENCE OF PURE WELLNESS

Rooted in presence. Created for your well-being.



Four ways to support your whole self

Begin where you are. Choose one or two areas to focus on first.

1

Nourish your body

Choose whole, nourishing foods more often. Limit fast food, heavily processed foods, added sugar, and sugary drinks without expecting perfection.

2

Hydrate

Drink water throughout your day. Your individual needs may change with activity, weather, and overall health.

3

Move and mobilize

Add walking, stretching, mobility work, or strength training in ways that feel supportive and appropriate for your body.

4

Rest and regulate

Aim for 7-8 hours of sleep when possible. Make space for slow breathing, recovery time, and moments of stillness.

EASY TRACKING TIP

Use MyFitnessPal, your phone's health or fitness app, or a fitness watch such as an Apple Watch to track steps, daily movement, nourishment, water, and sleep.



FULL-BODY MOVEMENT RESET

A simple pause to help your body loosen up, breathe, and reset.

Move slowly. Breathe normally. Stay within a comfortable, pain-free range.

1 SHOULDER ROLLS

Sit or stand tall. Roll your shoulders up, back, and down in smooth circles.

5 CIRCLES EACH DIRECTION

2 NECK SIDE STRETCH

Let one ear move gently toward the same-side shoulder. Keep both shoulders relaxed.

15 SECONDS EACH SIDE

3 CHEST OPENER

Clasp your hands behind you or place them at your low back. Draw the shoulders back gently.

3 SLOW BREATHS

4 STANDING SIDE REACH

Reach one arm overhead and lean slightly to the opposite side without twisting.

15 SECONDS EACH SIDE

5 SEATED FIGURE FOUR

Sit near the chair edge. Cross one ankle over the opposite thigh and hinge forward slightly.

20 SECONDS EACH SIDE

6 ANKLE AND CALF PUMPS

Keep your heels down and lift your toes, then press through the toes and lift the heels.

10 SLOW REPETITIONS

RESET WITH ONE SLOW BREATH

Inhale gently through your nose. Exhale a little longer than you inhaled. Notice how your body feels before returning to your day.

BODY CHECK:

Stop if you feel sharp pain, dizziness, numbness, or tingling. If you have an injury or medical condition, ask your healthcare provider which movements are appropriate for you.



Small habits, one day at a time

Add a checkmark for the habits you complete. No journaling and no pressure - simply notice your consistency.

MONTH: _____

DAY	N	M	W	L	Z
1					
2					
3					
4					
5					
6					
7					
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10					
11					
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DAY	N	M	W	L	Z
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31					

TRACKER KEY

- N Nourished my body
- M Moved my body
- W Drank enough water

- Z Slept 7-8 hours
- L Limited sugary drinks, fast food, and heavily processed foods

Your wellness journey can begin with one small step.

You do not need a perfect routine to improve your health. Keep choosing habits that help you feel stronger, calmer, and more connected to your body.



SCAN TO EXPLORE SERVICES & WELLNESS RESOURCES

ESSENCE OF PURE WELLNESS

Massage | Assisted Stretching | Workplace & Event Wellness

essenceofpurewellness.site

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This guide provides general wellness education and is not a substitute for medical advice, diagnosis, or treatment. Choose movement and nutrition goals appropriate for your individual needs.