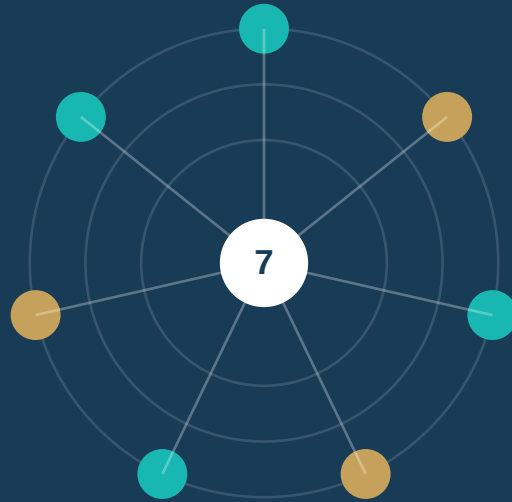


HEALTH THERAPIES LIFESTYLE



THE 7 FOUNDATIONS OF LIFELONG WELLNESS

Building Healthier Lives One Foundation at a Time

SMALL DAILY CHOICES. LIFELONG RESULTS.

A practical guide to everyday habits that support individual and family wellbeing.

Building Healthier Lives, Stronger Families, and Lasting Legacies.

Welcome

Wellness is not a single decision. It is a pattern of small choices repeated over time.

The 7 Foundations of Lifelong Wellness is designed to make wellbeing feel practical, understandable, and achievable. Rather than chasing perfection, this guide encourages you to strengthen the everyday areas that have the greatest influence on how you feel, function, connect, and prepare for the future.

Use these foundations as a personal roadmap. Some areas may already be strong; others may need more attention. The goal is awareness, consistency, and progress - one realistic choice at a time.

A simple principle

You do not have to change everything at once. Choose one foundation, take one useful action, and build from there.

The Seven Foundations

1	Nutrition Choose nourishing foods that support energy, strength, and everyday wellbeing.
2	Hydration Make adequate fluid intake a consistent part of your daily routine.
3	Movement Move regularly to support mobility, strength, circulation, and independence.
4	Sleep & Recovery Protect time for restorative sleep, rest, and recovery.
5	Mindset & Emotional Wellness Build habits that support resilience, perspective, and emotional balance.
6	Relationships & Community Strengthen meaningful connections and create a dependable circle of support.
7	Purpose & Legacy Live with intention while preparing, protecting, and passing forward what matters most.

FOUNDATION 1

Nutrition

Nourish your body with intention.

- Build meals around a variety of vegetables, fruits, whole grains, beans or legumes, and other minimally processed foods that fit your needs.
- Include appropriate sources of protein and healthy fats to support satiety and everyday function.
- Pay attention to portion size, meal timing, and how different foods make you feel.
- Limit the habit of relying on highly processed foods, excessive added sugars, and oversized portions.
- Make healthier choices easier by planning simple meals and keeping useful ingredients available.

Your small action

This week: improve one meal you eat regularly. Add something nourishing rather than trying to make the meal 'perfect'.

FOUNDATION 2

Hydration

Make hydration a daily habit, not an afterthought.

- Begin the day with fluids and continue drinking regularly rather than waiting until you feel very thirsty.
- Keep water visible and accessible during work, travel, exercise, and time at home.
- Use meals and routine moments as reminders to drink.
- Remember that individual fluid needs vary with age, activity, climate, health conditions, and medications.
- If a clinician has given you a fluid restriction or other hydration guidance, follow that individualized advice.

Your small action

This week: choose three reliable hydration cues - for example, after waking, with lunch, and mid-afternoon.

FOUNDATION 3

Movement

Move in ways that help you stay capable for life.

- Aim to reduce long periods of sitting by standing, stretching, or walking at regular intervals.
- Include activities that build or maintain strength, balance, flexibility, and cardiovascular fitness as appropriate for you.
- Choose movement you can repeat consistently: walking, dancing, gardening, swimming, cycling, resistance work, or mobility exercises.
- Progress gradually. Consistency matters more than an occasional extreme workout.
- If you have significant pain, dizziness, shortness of breath, a recent injury, or medical restrictions, seek appropriate professional guidance before increasing activity.

Your small action

This week: schedule three short movement sessions you can realistically complete.

FOUNDATION 4

Sleep & Recovery

Recovery is part of wellness, not time away from it.

- Keep a reasonably consistent sleep and wake schedule whenever possible.
- Create a wind-down routine that reduces stimulation before bedtime.
- Make the sleep environment comfortable, dark, quiet, and appropriately cool.
- Notice habits that can interfere with sleep, including late caffeine, heavy meals, alcohol, or prolonged screen use.
- Build recovery into active days. Rest, mobility work, and quiet time can help you return with more energy.

Your small action

This week: protect the final 30 minutes before bed as a calmer, lower-stimulation period.

FOUNDATION 5

Mindset & Emotional Wellness

How you respond to life affects how you experience it.

- Pause long enough to notice stress rather than carrying it automatically from one moment to the next.
- Use simple practices such as breathing exercises, prayer, reflection, journaling, time outdoors, or mindfulness if they are helpful to you.
- Focus attention on what you can influence while accepting that not everything can be controlled.
- Create boundaries around people, information, and routines that repeatedly drain your energy.
- Seek qualified support when emotional distress is persistent, overwhelming, or interfering with daily life.

Your small action

This week: choose one 10-minute practice that helps you reset and repeat it on at least four days.

FOUNDATION 6

Relationships & Community

Wellness grows stronger when it is supported by connection.

- Make time for people who contribute to mutual respect, encouragement, laughter, learning, and belonging.
- Check in on family members and friends instead of assuming everyone is fine.
- Ask for help when you need it, and allow others the dignity of contributing.
- Share useful knowledge across generations - health habits, family stories, practical skills, and lessons learned.
- Look for ways to participate in your community through service, mentoring, gatherings, or shared interests.

Your small action

This week: contact one person you value and have a conversation that goes beyond a quick message.

FOUNDATION 7

Purpose & Legacy

Wellness includes the future you are helping to create.

- Identify the values you want your everyday choices to represent.
- Think beyond possessions: legacy can include knowledge, character, traditions, relationships, service, and opportunity.
- Organize important family information and documents so others can find what they need when it matters.
- Have age-appropriate conversations about family wishes, responsibilities, and preparedness before a crisis forces them.
- Consider what you want children, grandchildren, family, friends, or community to remember and continue.

Your small action

This week: write down one value, one lesson, and one practical action you want to pass forward.

30-Day Wellness Action Plan

Build momentum by focusing on manageable actions rather than an all-or-nothing overhaul.

Use the plan below as a flexible framework. Adapt each action to your circumstances and any professional guidance you have received.

Days 1-7: Notice

- Record your usual meals and drinks for three days without judging them.
- Take a short walk or movement break on at least four days.
- Notice your usual bedtime and wake time.
- Identify one recurring source of stress and one source of support.

Days 8-14: Strengthen

- Improve one regular meal with a more nourishing choice.
- Set three hydration cues during the day.
- Complete three planned movement sessions.
- Create a simple 30-minute wind-down routine before bed.

Days 15-21: Connect

- Share a meal, walk, or meaningful conversation with someone important to you.
- Spend 10 quiet minutes reflecting, praying, journaling, or simply being still on four days.
- Ask one family member what 'wellness' means to them.
- Organize one category of important family information or documents.

Days 22-30: Continue

- Choose the two habits that made the biggest positive difference and keep them.
- Set one realistic goal for the next 30 days.
- Write down one lesson you want to pass to the next generation.
- Complete the self-assessment on the next page and choose your next foundation.

Remember

Progress is not erased by an imperfect day. Return to the next useful choice.

Wellness Self-Assessment

Rate each statement from 1 to 5: 1 = rarely true for me, 5 = consistently true for me.

Foundation	Statement	1-5
Nutrition	Most days, my food choices support steady energy and overall wellbeing.	
Hydration	I drink fluids consistently throughout the day in a way that is appropriate for me.	
Movement	I move regularly and include activities that help me maintain strength and mobility.	
Sleep & Recovery	I protect enough time for sleep and recovery and have routines that support rest.	
Mindset & Emotional Wellness	I have healthy ways to respond to stress and protect my emotional wellbeing.	
Relationships & Community	I maintain meaningful relationships and have people I can turn to for support.	
Purpose & Legacy	My choices reflect my values, and I am taking practical steps to prepare for the future.	

Reflection

My strongest foundation: _____

The foundation I most want to strengthen: _____

One action I will take this week: _____

Who can support or encourage me: _____

Next Steps

Turn information into a simple personal plan.

1. **Choose one foundation.** Start where improvement would make the greatest practical difference.
2. **Choose one action.** Make it small enough to repeat, not dramatic enough to abandon.
3. **Choose a cue.** Attach the action to something already in your routine.
4. **Track consistency.** A simple check mark on a calendar is enough.
5. **Review after 30 days.** Keep what is working, adjust what is not, and then strengthen another foundation.

A healthier future is built in ordinary moments

The meal you choose, the walk you take, the conversation you begin, the rest you protect, and the information you organize can all become part of a stronger life and a stronger family.

When to seek professional guidance

This guide provides general wellness education. Individual needs differ. A qualified healthcare professional can help you make decisions about symptoms, diagnoses, medications, significant dietary changes, exercise limitations, or other health concerns.

About Health Therapies Lifestyle

Building Healthier Lives, Stronger Families, and Lasting Legacies.

Health Therapies Lifestyle empowers individuals and families through wellness education, Bio Resonance Frequency Vibration Therapy, innovative wellness technologies, family preparedness resources, and compassionate community support.

Our philosophy is rooted in a simple belief: true transformation begins with education, compassion, community, and hope. We want people to understand their choices, strengthen everyday habits, prepare their families, and share useful knowledge across generations.

Our approach

- Education first - practical information that helps people ask better questions and make more informed choices.
- Whole-life wellness - recognizing that nutrition, movement, rest, emotional wellbeing, relationships, purpose, and preparedness are connected.
- Family and community - encouraging people to strengthen not only themselves, but the people and communities around them.
- Legacy thinking - helping families consider what they want to protect, prepare, teach, and pass forward.

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Small Daily Choices. Lifelong Results.

Educational Disclaimer: This publication is intended for general educational and wellness purposes only. It does not provide medical diagnosis, treatment, or individualized medical advice and is not a substitute for care from a qualified healthcare professional.