

Nurture Your Well-being

ESSENTIAL TIPS FOR HEALTHY LIFESTYLE



PRACTICE MINDFUL MEDITATION

The practice requires you to count each breath, observing it as the air flows in and out. In other words, being mindful of each inhalation and exhalation. Don't change your breath. All you have to do is count each out breath over the duration of 1 minute.



NOURISH YOUR BODY

Elevate your well-being with a balanced and mindful diet of nutrient-rich foods, fostering sustained energy and promoting long-term health and vitality. Don't live to eat, Eat to live.



MOVE YOUR BODY

Give yourself plenty of time to warm up and cool down with easy walking or gentle stretching. Then speed up to a pace you can keep doing for 5 to 10 minutes without getting overly tired. As your energy improves, slowly add to the amount of time you exercise.

Integrate these tips into your daily routine and witness the transformative impact of embracing wellness. For additional information, contact Dionne Cockheran @206-678-2943