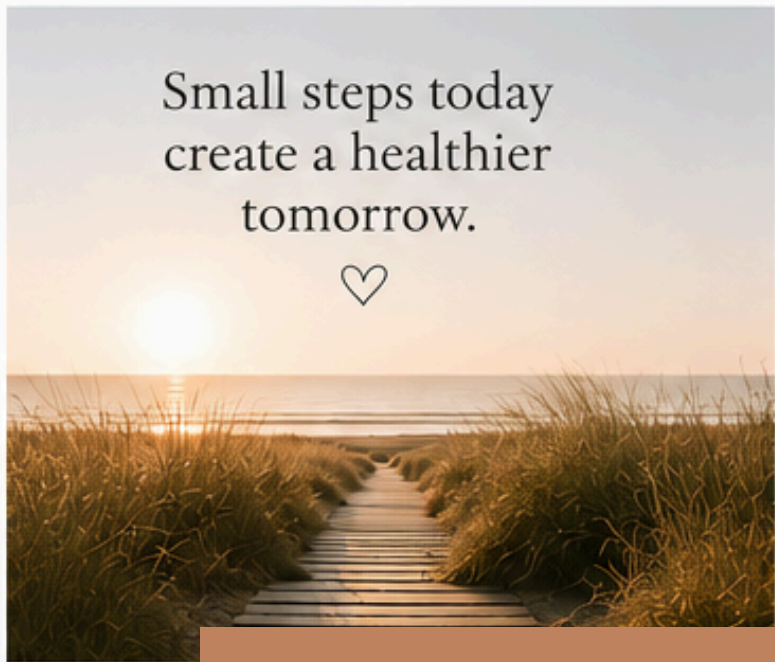


SIMPLE WELLNESS Foundations Guide



Small steps today
create a healthier
tomorrow.



REMEMBER:

- 💧 Hydrate your body
- 🌿 Nourish your body
- 💖 Move your body
- 🌙 Rest your body
- ✿ Love your body



A simple wellness foundations guide designed to help support energy, metabolism, hormones, inflammation, sleep, cravings, and overall wellness through practical daily habits and foundational support.



health.
Better life.



BY ALI Q



Introduction

If you've been feeling exhausted, overwhelmed, inflamed, struggling with cravings, weight gain, poor sleep, low energy, or simply not feeling like yourself lately, you are not alone. So many people are trying harder while their bodies are actually asking for more support.

This guide was created to simplify wellness and help you focus on foundational habits that support metabolism, energy, inflammation, hormones, sleep, gut health, recovery, and overall wellness. No perfection, extreme dieting, or quick fixes — just simple, sustainable habits that help you start building your base from the inside out. Small daily choices truly do add up over time, and I'm so glad you're here. ❤️ — Ali

“*The body whispers before it screams. Wellness teaches us to listen sooner*”

About Me



Hi, I'm Alison Quackenbush (my Three family calls me - Ali Q) — a wife, mom, grandmother, entrepreneur, and board-certified health and wellness coach who became passionate about wellness through my own journey of wanting to feel like myself again.

Like many women, I spent years taking care of everyone else while slowly feeling exhausted, overwhelmed, inflamed, and disconnected from my own body. I know what it feels like to struggle with low energy, cravings, stress, weight gain, poor sleep, and frustration while wondering why nothing seemed to work long term.

What I've learned is that wellness is not about perfection or extreme dieting. It's about supporting the body consistently with simple daily habits, proper nourishment, movement, recovery, mindset, and community.

That passion led me to help others build wellness from the inside out through education, encouragement, accountability, and foundational support. My mission is to help people feel empowered in their health journey and remind them that they are not broken — their body may simply need support.

I believe small daily choices create lasting transformation, and I'm grateful to walk alongside others as they work toward better energy, confidence, wellness, and quality of life.

I'm so glad you're here. ❤️

Ali Q

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Drinking enough water consistently helps the body function more efficiently and supports recovery from the inside out.

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Rest allows the body and mind to repair, recharge, and function at their best.

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Consistent movement, even in simple forms like walking or stretching, helps the body feel stronger and more energized.

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FOUNDATION 01

HYDRATION

Water is an important part of everyday wellness and supports many of the body's normal functions.

Hydration needs can vary based on the individual, activity, environment, food intake, and other factors.

Explore:

- Start your morning with water
- Keep water available throughout the day (Carry your favorite water bottle around with you)
- Notice how your body responds to your hydration habits
- Discuss electrolyte use with your healthcare provider when appropriate

Simple Habit:

- Make hydration a consistent part of your day



Protein First

Protein is an important part of a balanced eating pattern and can contribute to muscle maintenance, satiety, and healthy aging.

Rather than focusing on perfection, explore ways to include a protein-rich food as part of your meals

Explore:

Nourishing choices that fit your lifestyle

Simple Habit:

Eat protein BEFORE reaching for unhealthy snacks or desserts.



Easy Sources:

- eggs
- chicken
- Greek yogurt
- cottage cheese
- lean beef
- fish
- protein shakes
- Other protein-rich foods you enjoy



A supported body often begins to feel safer, steadier, and stronger.

Blood sugar regulation is one part of metabolic health. Everyday habits can influence how we nourish and support our bodies

Habits to explore:

- Pairing protein and fiber with meals
- Incorporating regular movement
- Being mindful of highly processed foods
- Creating consistent sleep habits
- Developing sustainable eating patterns

Simple Habit:

- Look for small ways to create more consistency in your daily routine.

FOUNDATION 04

SLEEP & RECOVERY

Rest and sleep are important parts of overall wellness

Explore:

- Reducing screen time before bed
- Creating a consistent bedtime routine
- Keeping your sleep environment comfortable
- Getting morning light exposure
- Creating a calming evening routine

Simple Habit:

Explore what sleep routine helps you feel rested and supported

Rest is productive.

If you are considering supplements such as magnesium, discuss them with your healthcare provider.



DAILY MOVEMENT

You do not need to punish your body to support it.

Movement can be part of a healthy lifestyle in many forms.

Explore:

Movement that feels sustainable and enjoyable to you.

Simple Goal:

Move your body daily.

Consistency matters more than intensity.



Ideas:

- walking
- stretching
- strength training
- dancing
- biking
- mobility work
- Gardening
- Stand up and move regularly throughout the day
- Yoga

FOUNDATION 06

Stress Support

Ongoing stress can affect how we feel and function.

Daily practices to explore:

- Prayer & meditation
- Deep breathing
- Journaling
- Walking outside
- Music
- Boundaries
- Rest
- Laughter
- Community

Your nervous system matters.

Simple Habit:

Choose one small practice that helps you create more space for recovery



Gut + Inflammation

Many symptoms people normalize may connect back to inflammation and gut health.

Simple Habit:

Choose consistency over perfection.



Explore:

- whole foods or minimally processed foods
- hydration
- sleep
- movement
- daily wellness support
- recovery

Examples people may want to explore with a healthcare professional include bloating, digestive changes, fatigue, or other persistent symptoms.

FOUNDATION 08

Community & Accountability

You were never meant to do this alone.

Support changes everything.

Whether it's:

- a coach
- a friend
- a spouse
- a community
- accountability partners

...people succeed faster when they feel encouraged and supported.



MY WELLNESS TOOLS

Foundational habits come first.

I also use wellness products and tools as part of my own routine.

I share them as part of my own wellness journey and to help you make informed decisions.

Product information is separate from my professional health and wellness coaching role.

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Products I personally use:

Vitalité • Kynetik • GLP Three™ • Collagène
Revive • Purifi • Imune • Éternel • Visage

For product-specific information, please visit the appropriate product page

Disclaimer: This product is not intended to diagnose, treat, cure, or prevent any disease. Always check with your physician before starting a new dietary supplement program.

I do use all products listed to support my body.

- ✓ Vitalite, Eternel, Purifi plus GLP Three is a great stack to start with at minimum
- ✓ Think of GLP Three is your multi-vitamin for your metabolic system
- ✓ I am always available to support you in figuring out what is best for you to get started in supporting your body.



Final Thoughts

Wellness is not built overnight. It's built through small daily choices, consistency, patience, and learning how to support your body instead of constantly fighting against it. You do not have to be perfect to make progress, and you do not need to change everything at once to begin feeling better.

My hope is that this guide helped remind you that your body isn't your enemy. It may be a reminder to pause, listen, and explore what kind of support feels right for you.

When we begin focusing on proactive wellness instead of waiting until our bodies are struggling, we create a stronger foundation for our energy, health, mindset, and future. Start small. Stay consistent. Give yourself grace. Small habits truly do create lasting transformation over time.

Thank you for being here and allowing me to be part of your wellness journey.



— Ali

“

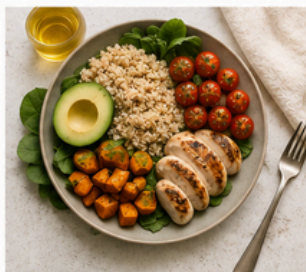
*Your future health is being shaped by
the habits you practice today*

*The goal is not just living longer, but
living better.*

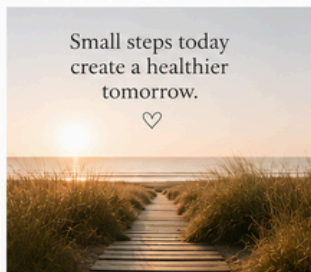
-ALISON QUACKENBUSH

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Connect With Me



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Conclusion and Next Steps

Small choices truly do add up over time, and every step you take toward supporting your wellness matters.

Now that you understand the foundations of wellness, the next step is exploring which habits and support strategies best align with your goals and lifestyle.. ❤️ — Ali

Simple Ways to Begin:

- *Build consistent hydration habits*
- *Explore protein-rich foods at meals*
- *Support your overall metabolic health*
- *Create a sleep routine*
- *Find movement you enjoy*
- *Make space for stress support*
- *Support digestive wellness*
- *Stay connected to accountability and community*

Choose one or two of these strategies to begin incorporating into your life today.

Now that you understand the foundations of wellness, the next step is choosing the products and support that best align with your personal goals and lifestyle.

Whether your focus is energy, metabolism, sleep, inflammation, gut health, recovery, healthy aging, or overall wellness, starting with the right foundation can help simplify your journey and create consistency.

Once you know which products fit your goals, place your order, stay consistent with your daily habits, and give your body the support it needs over time. Small daily choices truly do create lasting transformation.

[EXPLORE MY WELLNESS TOOLS](#)

Remember, wellness is a journey — not a quick fix. The goal is not perfection, but consistent, proactive support one day at a time. If you would like support exploring your wellness goals, creating sustainable habits, or building accountability into your routine, I would love to connect.

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