

GET YOUR GROOVE BACK!

5 simple steps to regain your balance + momentum

GET YOUR MOVEMENT ON

We know that exercise is the foundation for good health. Regular exercise is key to building a stronger body, getting better sleep, building energy, and improving mood. Find ways that you enjoy to get your heart thumping (examples: brisk walking/jogging, dancing, kickboxing, roller skating/blading, swimming).



GET YOUR WATER IN

Proper water intake helps keep organs + cells operating optimally, regulate body temperature + is important for joint health and skin quality. Dehydration can cause dry mouth, headaches, dizziness, lethargy and poor concentration. Aim to drink 1.5-2 liters of H₂O/day. Add a squeeze of lemon, lime or orange to add flavor or put it in a fancy glass with mint leaves to spruce it up.

GET YOUR NUTRITIEN TS UP

Good nutrition helps to reduce chronic disease risks, supports the body's optimal weight + function and contributes to overall health + mood. Go for a variety of whole foods + lots of color and reduce processed foods. Make choices that are balanced + you want to maintain for a lifetime. Yes, you can eat cake (just not the whole cake at once).



GET YOUR SCREENS OFF

Hours scroll by lost on social media or binge watching our favorite shows. Too much screentime causes adverse effects (eye strain, blurred vision, headaches, poor posture), weight gain, sleep disturbances + negatively impacts self-confidence and mood. Get out from behind the screen + doing something else for a while. It'll do your body + mind good!

GET YOUR NOISE DOWN

An imporant + overlooked aspect of good health is quiet time. Turning down outer noise a few minutes a day can reduce stress + increase calm, decrease muscle tension, improve focus + awareness. Getting quiet helps improve decision making, increases patience, and helps you understand yourself and others better. Keep it simple and simply get quiet.

