

10 Wellness Tips

SIMPLY

the wellness place

- 1 Hydration:**
Easiest wellness technique ever. - drink plenty of high quality water.
- 2 Healthier Home*:**
Get rid of as many toxins in your home as you can.
- 3 Move Your Body:**
Find a way that feels good to be active. Move your body some how.
- 4 Handle Stress*:**
Learn how to handle stress in your life. Learn how to relax.
- 5 Sleep*:**
Get not only enough sleep, but good, quality sleep.
- 6 Quality Supplements*:**
Get at least a multi-vitamin that is bioavailable.
- 7 Time Outside:**
Spend time outside daily. Get fresh air and sun.
- 8 Quiet Time:**
Get intentional quiet time, breathing, meditating, whatever helps you.
- 9 Well-Rounded Diet:**
Eat a variety of foods. Eat a rainbow of fruits & vegetables.
- 10 Sunscreen*:**
Get a high-quality, mineral-based sunscreen.

*In these areas, we turn to our brand partner, Young Living, for awesome solutions.
Find out more here: SimplyTWP.com