

# BEWELLNESS EXPERIENCE

## NUTRITION

**Track your daily food intake.** Try using a tracking app or simply write it down each day.

**Slow down.** Try eating slowly and putting down your fork between each bite.

**Hydrate.** Drink 8oz of water before each meal or snack.

**Practice mindful eating.** Eat dinner without any electronics on. Turn off the TV, close the laptop, and leave your phone in another room.

## PHYSICAL ACTIVITY

**Incorporate short bouts** of physical activity throughout your day. 10 minutes of movement has great benefits.

**Schedule your workouts** just as you would an important meeting or doctor appointment.

**Set a timer for every hour** during your workday. Every time it goes off, get up and move for 5 minutes.

**Find an activity you enjoy doing.**

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## EMOTIONAL

**Practice gratitude** and appreciate the little things. Write down 5 things you are grateful for today.

**Give yourself credit** for the good deeds you do each day.

**Develop a positive mindset.** Note what you've accomplished each day rather than what you've failed to do.

**Forgive yourself.** We all make mistakes. It's important to learn from it, but not to dwell on it.

## SLEEP

**Develop a sleep schedule.** Go to bed at the same time each night and wake up at the same time each morning.

**Unplug.** Limit the use of electronics at least 60 minutes before bed.

**Avoid caffeine and alcohol** late in the day.

**Have a bedtime routine.** Take a warm shower or bath, stretch, do a puzzle, or read.

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## SOCIAL

**Reconnect.** Call up an old friend or family member you haven't talked to in a while.

**Have a strong support system** of people you love and trust.

**Build healthy relationships** with trust, honesty, communication, and compromise.

**Meet new people.** Volunteer, join a community group, or take a class.

## MINDFULNESS

**Focus on your breath.** Set a timer for 5 minutes, focusing on deep inhaled and exhaled.

**Practice mindfulness activities** such as yoga and meditation.

**Go for a stroll outside** and just observe and take in the sights and sounds around you.

**Expand your awareness.** Be present in whatever you are doing, whether exercising, eating, or socializing.

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## ENERGY

**Learn to say no.** Lighten your load if you are feeling overwhelmed.

**Eat for energy.** Consume a nutritious diet, avoiding added sugar and processed foods.

**Move more.** Try 5 minutes of stretching or a walk around the block each morning to start your day.

**Get adequate sleep.** Strive to get 7+ hours of sleep each night.

## ADDITIONAL RESOURCES

If you are looking for additional resources, guidance, or help improving your wellness, please reach out to the Cloud 9 Kinema Fitness team at [cloud9fitness@kinemafitness.com](mailto:cloud9fitness@kinemafitness.com).

### Available Services:

- Nutrition Coaching
- Health Coaching
- Personal Training
- Meditation & Holistic