


Wellness Made Simple

One Step At A Time

12 Weeks to Elevate

Choose your weekly focus  track your progress

Choose one of our curated tips or create your own but keep it simple and grab a friend to join you. Post your progress and tag us on social!

#wellnessmadesimplewithelevate

Weekly Focus:

S	M	T	W	T	F	S
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Weekly Focus:

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Week One

Eat MORE of what makes me feel good. Pay attention to how food makes me feel. Listen to my body, what foods trigger negative reactions as well as which foods boost focus, energy, or overall well-being.

Week Two

Upgrade One Self-Care Product or Cleaning product to start using this week.

Week Three

Identify one area of my wellness I truly want to improve, note the smallest attainable step I can take toward achieving it. Write it down and go after it.

Go After It!

Week Four

Change One Meal at a Time: Pick one meal to improve with a healthier choice and practice mindful eating.

"We become what we want to be by consistently being what we want to become each day."
-Richard G. Scott



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Week Five

Track My Body's Signals: Log energy, sleep, mood, and (if applicable) menstrual cycle daily. Honor your energy levels this week. What can I modify, delegate or eliminate from my week to make more space and honor your body's signals?

Make Space

Week Six

Practice Mindful Breathing: Dedicate 5 minutes to slow, deep breathing and consciously slow down during the day.

Week Seven

Add Lemon Water to My Day: Start my morning with a glass of lemon water to support natural detoxification and hydration.

Week Eight

Take the First Step: Begin wherever you are, with whatever you have—starting is the bravest and most powerful move on your wellness journey.

Just Start!

"My mission in life is not merely to survive but to thrive and to do so with some passion, some compassion, some humor and some style."

-Maya Angelou





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Week Nine

Slowly eliminate or reduce sugar. Reduce the amount of sugar in my coffee, tea or begin replacing soda for a healthier alternative. Condiments have a lot of sugars too. Choose one area to focus on not all areas. It's a journey.

Week Ten

Get moving. What form of movement sounds good to me? Start with just 5 minutes a day or add an additional 5 minutes to what I am already doing. Invite _____ *Take 5*

Week Eleven

Unplug and Reconnect. Set a simple goal to slowly eliminate screen time and add more outdoor time! Put my toes in the sand! *Unplug*

Week Twelve

Eat My Greens! They are packed with calcium, minerals, and nutrients. Include Kale, Spinach and Collards in your weekly meals. *Go Green!*

"One inch is a cinch, a mile takes a while."
-Eileen Mcdargh






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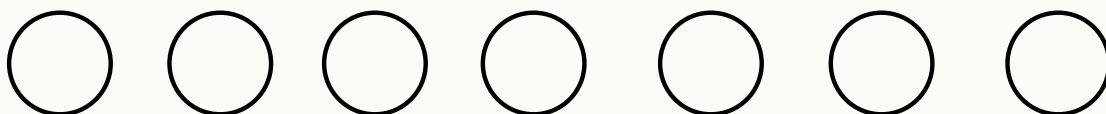
Wellness Made Simple: A Pre-Launch Gift

Choose your weekly focus  track your progress

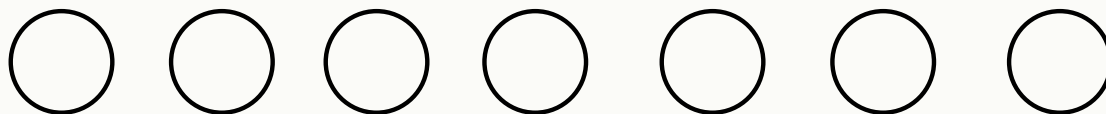
Choose one of Rachel and Nickie's weekly wellness focus or create your own! But grab a friend it's much more fun that way!

- **Titrate Sugars.** Nickie is putting more focus on reducing sugars and making healthier swaps.
- **Drink Lemon Water.** Nickie and Rachel both are intentionally drinking their lemon water each day.
- **Eat Your Greens!** Rachel is focused on adding leafy greens like kale with garlic and shallots with lemon, oil and vinegar to meals three times a week.

Weekly Focus:



Weekly Focus:



Excited to elevate our journey toward wellness with our community.

Rachel & Nickie



Wellness Made Simple One Step At A Time

Local Expert Advice Curated by Rachel & Nickie

We gather powerful wellness tips from our amazing local experts each episode and turn them into a beautiful download for our listeners. While each expert shares something unique, there is a resounding similarity among them: keep it simple. Change doesn't have to be big to make a big impact. While you wait to receive the full download in our weekly newsletter, here are three wellness tips that Rachel and Nickie are personally focusing on right now—come join us!

Titrate Sugars. Nickie is putting more focus on reducing sugars and making healthier swaps. Why? Sugar is inflammatory.

Drink Lemon Water. Nickie and Rachel both are intentionally drinking their lemon water each day. It supports natural detoxification.

Eat Your Greens! Rachel is focused on adding leafy greens like kale with garlic and shallots with lemon, oil and vinegar to meals three times a week. Greens are loaded with essential vitamins!

We are excited to elevate our wellness with you and are so glad you are here. Please make sure to share ELEVATE with those that mean the most because wellness is always more fun with friends.

Rachel & Nickie

