



ELEVATE
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WELLNESS
PODCAST

Wellness Made Simple
SEASON III
WITH ELEVATE

One Simple Step to Elevate Your Wellness Journey
Wellness Wisdom from Local Grand Strand Experts

“If I could teach anyone just one thing, it would be this: Practice your breathing.

Even one minute a day of slow, intentional breath can calm your nervous system and change how your body feels.”

— Hannah Beck, Contrast Therapy



If you want to improve your health, start by tracking something: your sleep, your habits, your energy.

When you bring awareness to what you’re doing, you stop moving through life on autopilot.

— Inspired by our conversation with Maryann Loucks



Set aside time to truly talk with your child – no phones, no distractions.

Ask what they’re feeling, what’s stressing them, and how you can support them. Then remember to celebrate the small wins along the way.

— Inspired by Christopher Parsons

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Focus on whole food plant-based nutrition.

Eat more vegetables, fruits, nuts, and seeds – aim for 70% of your plate. Eat the colors of the rainbow to give your body the nutrients it needs.

– Inspired by our conversation with at Coastal Aesthetics



Adopt a holistic mindset.

Focus on your whole self, –mind, body, and habits– rather than just individual parts.

This whole-person approach helps you elevate your life.

– Inspired by our conversation with Lauren Wilson



“Step away from your devices and carve out a few minutes just for yourself.

Spend time outside, play a game with your kids, or simply enjoy a quiet moment with coffee or a favorite song. Even five or ten minutes of intentional “you time” can refresh your mind and help you show up better every day.”

– **Melissa & Jess**/MOMS of MYRTLE