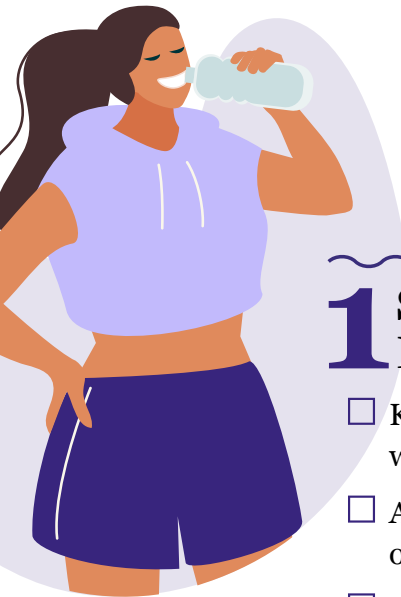


6 Healthy Habits to Jumpstart Your Wellness Routine

Simple, healthy habits to incorporate into your daily wellness routine—NOW



1 Stay Hydrated

- Keep a 40 oz reusable water bottle with you
- Add electrolytes, an herbal tea bag, or a squeeze of citrus for flavor
- Aim to drink at least 91 oz of water each day

2 Get Your Vitamin D

- Sit outside and enjoy some fresh air
- Go for a 10-minute walk
- Take a Vitamin D supplement



3 Move Your Body & Mind

- 30 minutes of low-impact exercise/movement each day
- Stretch to increase mobility
- Meditate for a clearer mind

4 Keep a Sustainable Diet

- Add one new healthy food to your meals each week
- Add a supplement to your daily breakfast
- Commit yourself to small, healthy diet changes
- Create a meal plan for the week

5 Make Time for Self-care

- Find time to read for 30 minutes
- Take a relaxing bath instead of a shower
- Commit to a morning and evening skincare routine

6 Get a Restful Night's Sleep with an Evening Routine

- Set your bedtime and wake up alarms
- Keep your room cool
- Don't check your phone right before bed
- Turn off the TV 30 minutes before bed
- Take your vitamins and sleep supplements

Sign up to **Commit to You** and get even more nutrition and wellness inspiration from NOW Wellness Experts!