Wellness Newsletter

APRIL 2026

FUEL YOUR BODY. MOVE YOUR BODY. WAKE UP READY.

Theme of the Month: Building Blocks

April is a great time to focus on building strength from the ground up. Strong muscles and good balance support everyday movement and help prevent injury. Keep it simple with a few strength exercises, consistent movement, and good posture.

Mindful Moment

Take a moment to step outside, breathe in fresh air, and reset your focus. A few deep breaths can help clear your mind and bring you back to the present.

Monthly Challenge

This month, add strength training to your routine 2–3 times per week. Use light weights, resistance bands, or bodyweight exercises. Even soup cans or milk gallons can be used as weights! Focus on good consistency. Building strength now supports long-term health, balance, and confidence.

Episode of the month

Episode 9: “Lift Smart, Live Strong”
Wake Up Ready Podcast on Spotify & Apple

Physical Fitness

The Wake Up Ready Health & Wellness Studio, located inside the west entrance of the Village Hall, will be celebrating its Grand Opening weekend on April 18 & 19. Walk-in times and class offerings will be announced soon. Be sure to check www.wakeupready.fit and follow the Homer Health & Wellness Facebook page for updates.

Nutrition Snapshot

Spring is the season to add more color to your plate. Fresh vegetables, lean proteins, and whole foods help boost energy and support recovery. Think simple, balanced meals that leave you feeling light and energized.

For questions or submissions:
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