



# Wellness Newsletter

DECEMBER  
2025

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

## Theme of the Month: Reflect & Renew

As the year wraps up, December is a time to pause, reflect, and reset. Celebrate your progress. Every small step counts. Let go of what no longer serves you and carry forward what fuels your body, mind, and purpose. Renewal starts with rest, gratitude, and a fresh outlook for the year ahead.

### Mindful Moment

When the holidays get hectic, take three slow breaths before you start your task.

Inhale calm, exhale tension.

### Community Connection

Mark your calendars! Friday, December 6th, from 9 AM to 2 PM, join us at the Village Hall for Christmas in Homer, a joyful day of community and holiday cheer. Enjoy the Cookie Walk, browse local vendors, grab a bite from food trucks, and don't miss a special visit from Santa!

### Episode of the month

Episode 62: Moving With the Seasons  
Wake Up Ready Podcast on Spotify & Apple

### Group Fitness

Saturdays:

FREE Group Walk

8:30 a.m.: 30-min walk

Heritage Elementary School Track

Stay tuned for new classes & services that will start at our new location after the first of the year!

### Nutrition Snapshot

Support your immune system with colorful winter produce; think citrus, dark greens, and root vegetables. Warm soups, herbal teas, and hearty whole grains keep your energy steady. Try adding lemon, garlic, and ginger to your meals for a natural boost.

For questions or submissions:

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