Wellness Newsletter

MAY 2026

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

Theme of the Month: Move More, Feel Better

May is a great time to take your movement outside and enjoy the energy of the season. More daylight and warmer weather make it easier to stay active. Keep it simple; regular movement, fresh air, and consistency go a long way toward feeling your best.

Mindful Moment

At the start of chair yoga classes, we take a moment to set an intention, and it's something you can carry into each day. Pause, take a deep breath, and ask yourself: How do I want to feel today? Let it guide your actions.

Monthly Challenge

Make it a goal to spend at least 15–20 minutes outside each day. Walk, stretch, garden, or simply enjoy the fresh air. Daily movement outdoors can improve mood, increase energy, and help you stay consistent with healthy habits.

Episode of the month

Episode 56: "Group Fitness 101"
Wake Up Ready Podcast on Spotify & Apple

Physical Fitness

The Wake Up Ready Health & Wellness studio is in full swing & thriving! Sign up for your first class for free by using code FIRSTFREE at the checkout. Choose from the following options offered several times per week: Chair Yoga, TRX Full Body Strength, or Open Gym.
Book your next class in advance at wakeupready.fit

Nutrition Snapshot

Spring produce is in full swing! Think leafy greens, berries, and crisp vegetables. Adding fresh, seasonal foods to your meals can boost energy, support digestion, and keep things light and balanced.

For questions or submissions:
Email: info.wakeupready@gmail.com

Weekly Schedule

M	5:30-6:00 p.m. TRX Full Body Strength
T	7:00-7:30 a.m. Chair Yoga 12:15-12:45 p.m. Chair Yoga 4:30-6:30 p.m. Walk-In Hours & Open Gym
W	Closed
TH	Closed
F	7:00-7:30 a.m. TRX Full Body Strength 12:15-12:45 p.m. TRX Full Body Strength 5:30-6:00 p.m. Chair Yoga
S	8:30-9:00 a.m. Chair Yoga 9:30-10:00 a.m. TRX Full Body Strength 10:00-Noon Walk-In Hours & Open Gym
SU	Closed

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